Calgary metro

MONDAY, MARCH 21, 2016

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CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day

When Canadians are asked to name the **3 DEADLIEST CANCERS, 76%** mention **lung cancer, 63%** say **breast cancer** and **38% prostate cancer**.

IN FACT: Colorectal cancer is the **2ND DEADLIEST,** after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.

IN FACT: MORE THAN **90%** **OF CASES CAN BE CURED IF DETECTED EARLY.**

30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.

IN FACT: SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: COLORECTAL CANCER ACCOUNTS FOR 13% OF ALL CANCERS, almost the same incidence as lung cancer (14%) and of breast cancer (12%).

65% of Canadians don't know they should start REGULAR SCREENINGS for colorectal cancer AT AGE 50.

IN FACT: MORE THAN 90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS 50 OR OLDER

THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER,
with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1. Lifestyle (38%)
2. Heredity (30%)
3. Age (24%)

IN FACT:
LIFESTYLE AND AGE ARE THE MAIN FACTORS.
Heredity only accounts for between 10% and 20% of cases.

WHAT YOU CAN DO TO LOWER YOUR RISK OF COLORECTAL CANCER

GET ENOUGH FRUITS AND VEGETABLES, WHOLE GRAINS, LEGUMES AND MILK.

DRINK PLENTY OF WATER.

EXERCISE REGULARLY.

GET SCREENED REGULARLY STARTING AT AGE 50.

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This app allows you to track what you eat to make sure you get enough of what you need.

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> getenough.ca/app

*Donations up to a maximum of $100,000.
Survey stats from Ipsos, 2015

Colorectal Cancer Association of Canada

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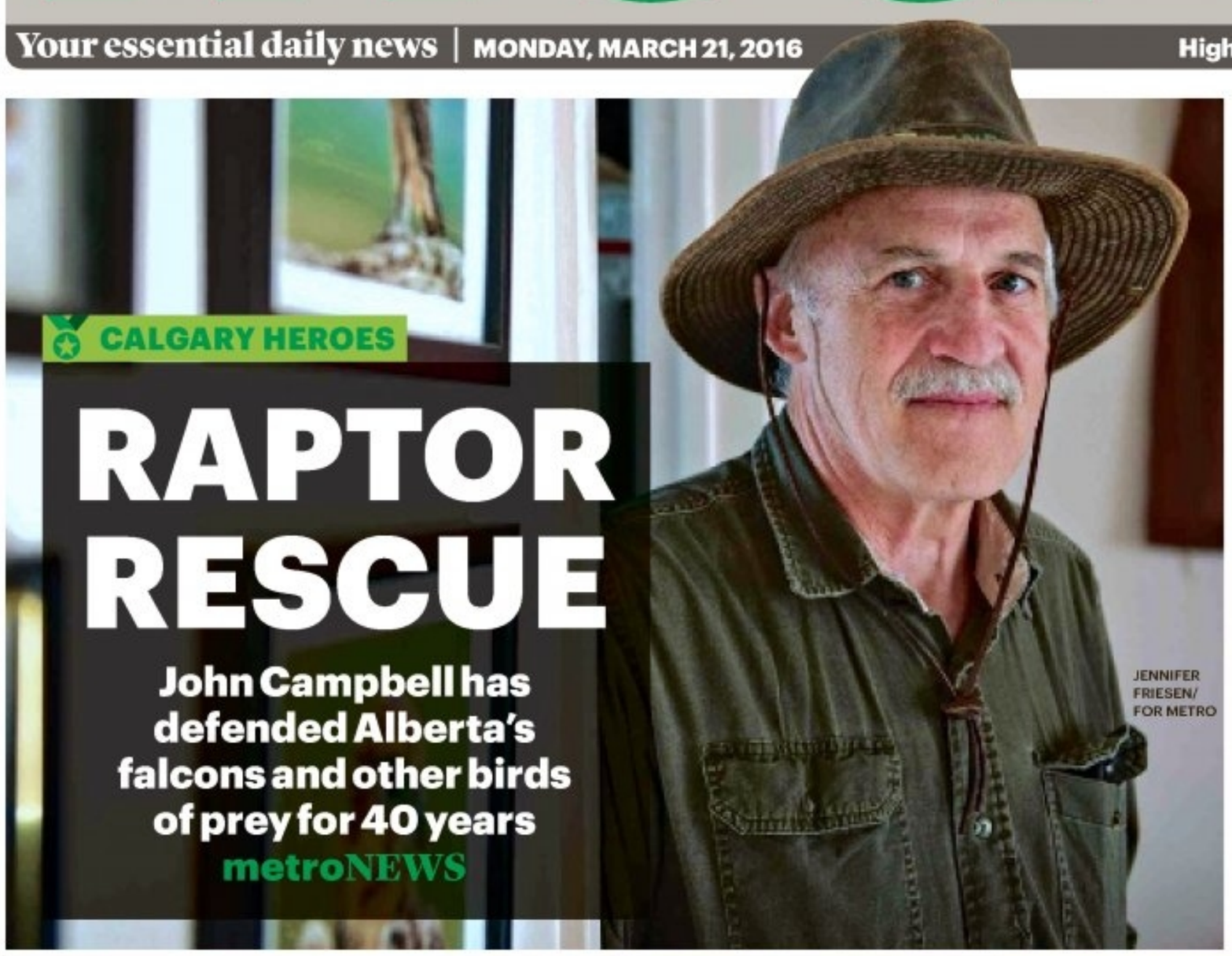
Your essential daily news | MONDAY, MARCH 21, 2016 | High 6°C/Low -4°C Chance of showers, flurries

'It's as if, on social media, kids grow up without any parents'

ROSEMARY WESTWOOD
metroVIEWS



CALGARY HEROES

RAPTOR RESCUE

John Campbell has defended Alberta's falcons and other birds of prey for 40 years

metroNEWS

JENNIFER FRIESEN/ FOR METRO

Defiance on LGBT policy

EDUCATION

Board argues minister said the guidelines are voluntary

Ryan Tumilty
Jeremy Simes
Metro

With the deadline looming for school boards to submit policies to protect LGBT students, one Southern Alberta board is ignoring provincial guidelines, arguing the minister gave them the OK.

Minister David Eggen provided guidelines earlier this year and gave boards until March 31 to create inclusive policies, but the Westwind board has become the latest to pass a policy that seems to defy the suggestions.

A post on the Westwind school division's website from board chair Ron Fromm said he had spoken with Eggen after parents voiced concerns.

Fromm's post said Eggen told him the guidelines were not legally binding.

"He reiterated that the (guidelines) were intended to be a resource for boards, but if they are not helping, then don't use them in your policies," reads the post. Fromm was not available to comment.

Press secretary Larissa Liepins provided a statement from Eggen indicating what he expects from the new policies.

"The boards are required to respect their obligations under the law, and that includes the School Act, the Canadian Human Rights Act, the Charter of Rights and Freedoms and the Alberta Human Rights Act," said the minister.

2016'S FEDERAL BUDGET 'What will Tuesday's budget say about Trudeau's Liberals?' metroNEWS metroLIFE

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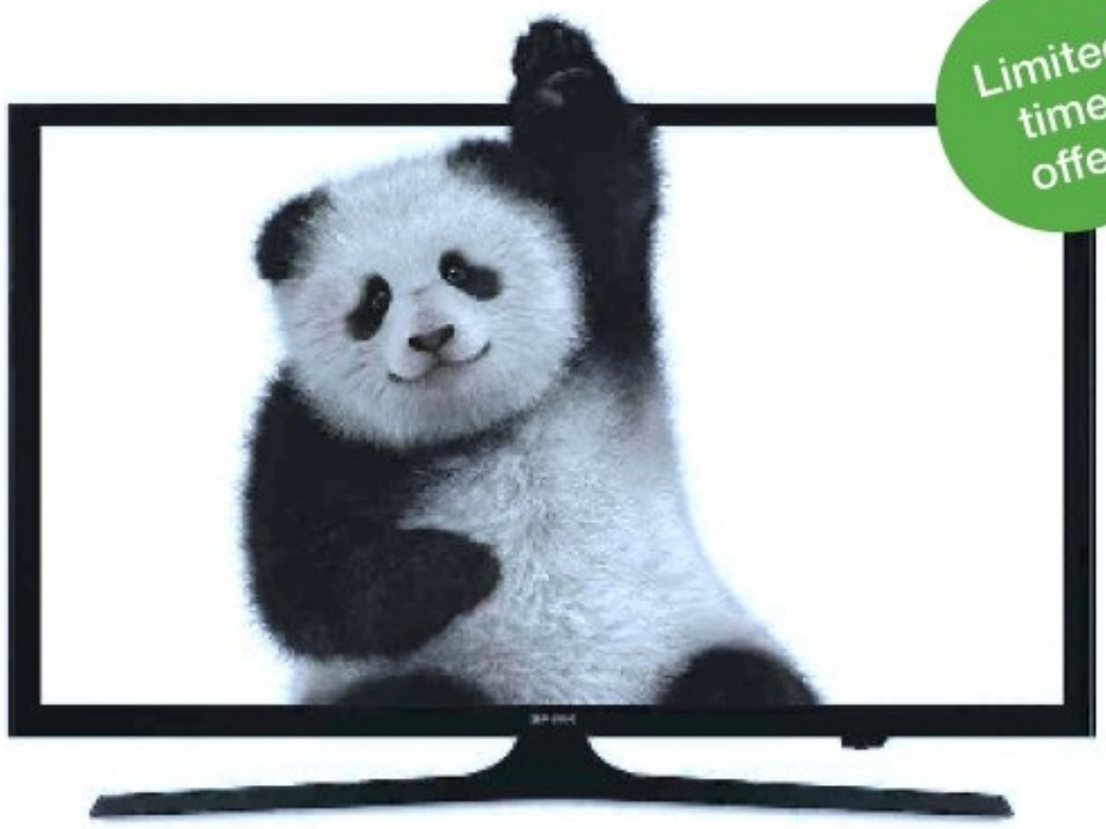

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metro NEWS

Your essential daily news

Obama and family arrive in Cuba for historic trip. **World**

Left: Kristin Poch launched Calgary's first mobile record store last year, and is bringing the Beatnik Bus back out after its winter storage. **Right:** Although the Happy Truck still operated in the winter months, owner Victoria Ghani said she expects a significant uptick in business during the spring and summer months. KENNETH APPLEBY/FOR METRO

Mobile merchants springing up with the change of seasons

Kenneth Appleby and Aaron Chatha
For Metro | Calgary

The meat is back on the street as Calgary's food trucks are emerging from a hungry winter hibernation in time for spring.

"People love them, especially at big events," said Victoria Ghani, co-owner of Tao Events, who have food trucks offer dishes including spring rolls, barbeque and pulled pork.

"It's so easy for festivals to have food trucks rather than tents. There's always something different."

Victoria Stitt, co-owner of Sticky Ricky's, said she's glad to be getting started after the winter.

Stitt said they've been offering their twist on Cajun food at events like the Grape Escape recently, and plan to be out in full force outside of spring events by April.

Stitt said the company took a break in the winter, when business usually slows down, as most Calgarians prefer to eat out of the cold.

> **Those trucks do not hold up well in the cold. If it's minus 10 outside, it's minus 20 inside the truck, because of the fans.**
> Victoria Stitt, co-owner of Sticky Ricky's

"Those trucks do not hold up well in the cold, if it's minus-10 outside it's minus-20 inside the truck, because of the fans," said Stitt.

Stitt said she tried going out in the winter during her first year operating the truck, but it wasn't worth it.

But other truck operators follow their own road to success.

Ghani said her company still rolls out their trucks year-round, but said she did notice a decline in people buying off the street in the winter.

It's not just food trucks that are shaking off the frost either.

Kristin Poch is bringing back her Beatnik Bus, a mobile record store, after it completed its pilot program last summer.

She said now that the weather is nice, people are more willing to wander inside a bus parked on the side of the street selling vinyl records from an immense collection she inherited.

The Beatnik Bus is still relegated to private events, however.

The reason, according to Poch, is that she has yet to receive her permits because her truck operates in a different industry than the typical food trucks that populate the city's roads, festivals and parks during the warmer months.

"We were new last year and the city never dealt with retail, we were put in a pilot project," said Poch.

Beatnik Bus fans need not worry, however, as Poch said she's confident she'll receive the permits she needs to build the business.

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Calgary police taped off a section of Stanley Park on Sunday afternoon. JEREMY SIMES/FOR METRO

PUBLIC SAFETY

Police fire gun, subdue suspect

Aaron Chatha
Metro | Calgary

A man is in custody following a firearms incident in Stanley Park.

At approximately 3:40 p.m. Sunday, a member of the public called police to report a man in the park with a firearm.

Police arrived on the scene and located a man who was carrying what appeared to be a handgun "near an area where children were playing soccer," said Acting Duty Insp. Phil Hoetger.

Hoetger said the park was very busy with lots of people around.

With the assistance of HAWC, police attempted to clear the area as a precaution. The helicopter used its public address system to inform the public.

Officers verbally engaged the man but it is believed he refused to comply.

Hoetger said the situation escalated to the point where a Calgary police officer discharged a firearm.

A suspect was subsequently taken into custody. There were no injuries.

Police are investigating the situation and, because a service firearm was discharged, The Alberta Serious Incident Response Team was notified and will be investigating the officer-involved shooting.

Signs of spring, during byelection season. METRO FILE

Almost vote day ... finally

GREENWAY BYELECTION

Calls from candidates annoy voters

Jeremy Simes
For Metro | Calgary

Ring after ring, Calgary Greenway resident Ravneet Boparai has become quite tired — and annoyed — with politicians calling her at home.

Boparai, who plans to vote Tuesday in the Greenway byelection, is showing signs of voter fatigue, according to University of Calgary Political Scientist Melanee Thomas.

The advance poll numbers also paint a sleepy picture, Thomas added.

From Wednesday to Friday, 1,258 people cast ballots during advanced polls, according to Elections Alberta. There are about 28,298 registered voters who reside in the riding.

"From the polls that I've seen, it suggests that at least between the PCs and the NDP, it's up to whoever has the better ground game," Thomas said.

The byelection is scheduled for Tuesday. Boparai can't wait.

"It's just been very constant, and it does get annoying every single day," Boparai said. "I also understand they're trying their best to get more people to vote for them, but we can't wait for the election to be over."

As for robocalls, the NDP says it's sent out two: one to the public, and the other to targeted groups. Most of the party's calls have come from volunteers, according to Roop Rai's campaign manager Dhananjai Kholi.

The Wildrose have sent out two robocalls to targeted groups in Greenway, and most have been from volunteers, according to Wildrose Party executive director Jeremy Nixon.

But according to both the NDP and the Wildrose, the parties spend most of their time door-knocking to chat with constituents.

The PCs were unable to comment by press time and the Alberta Liberal Party declined to comment.

Nenshi is Mr. Popularity

EXCLUSIVE

Solid approval ratings for mayor and council – still

Brodie Thomas
Metro | Calgary

For a guy who's been in office 6-1/2 years, Mayor Naheed Nenshi has staying power.

An exclusive ThinkHQ/Metro poll that surveyed 452 Calgarians shows Nenshi still has a 69 per cent approval rating.

Of those polled, 42 per cent strongly approve of the mayor's performance, and 27 per cent somewhat approve.

ThinkHQ president Marc Henry said although the numbers are down from March 2014, when he was at 71 per cent, they still reflect very well upon the mayor.

"In terms of the mayor running for re-election, he would be a formidable opponent," said Henry.

He said we still need to see who that mayor would go up against in a re-election bid.

Nenshi has not confirmed if he plans to run again, and his name is not listed on the 2017 election candidate registry.

Although not quite as strong, councillors individually and as a whole are doing well, too.

A total 54 per cent of respondents said they approve of their individual councillor. The poll did not have breakdowns for each ward.

It is possible many of those asked don't know who their councillor is because one in five answered they were unsure.

More people were sure about council's overall performance: 58 per cent said they approve of council, either strongly or somewhat.

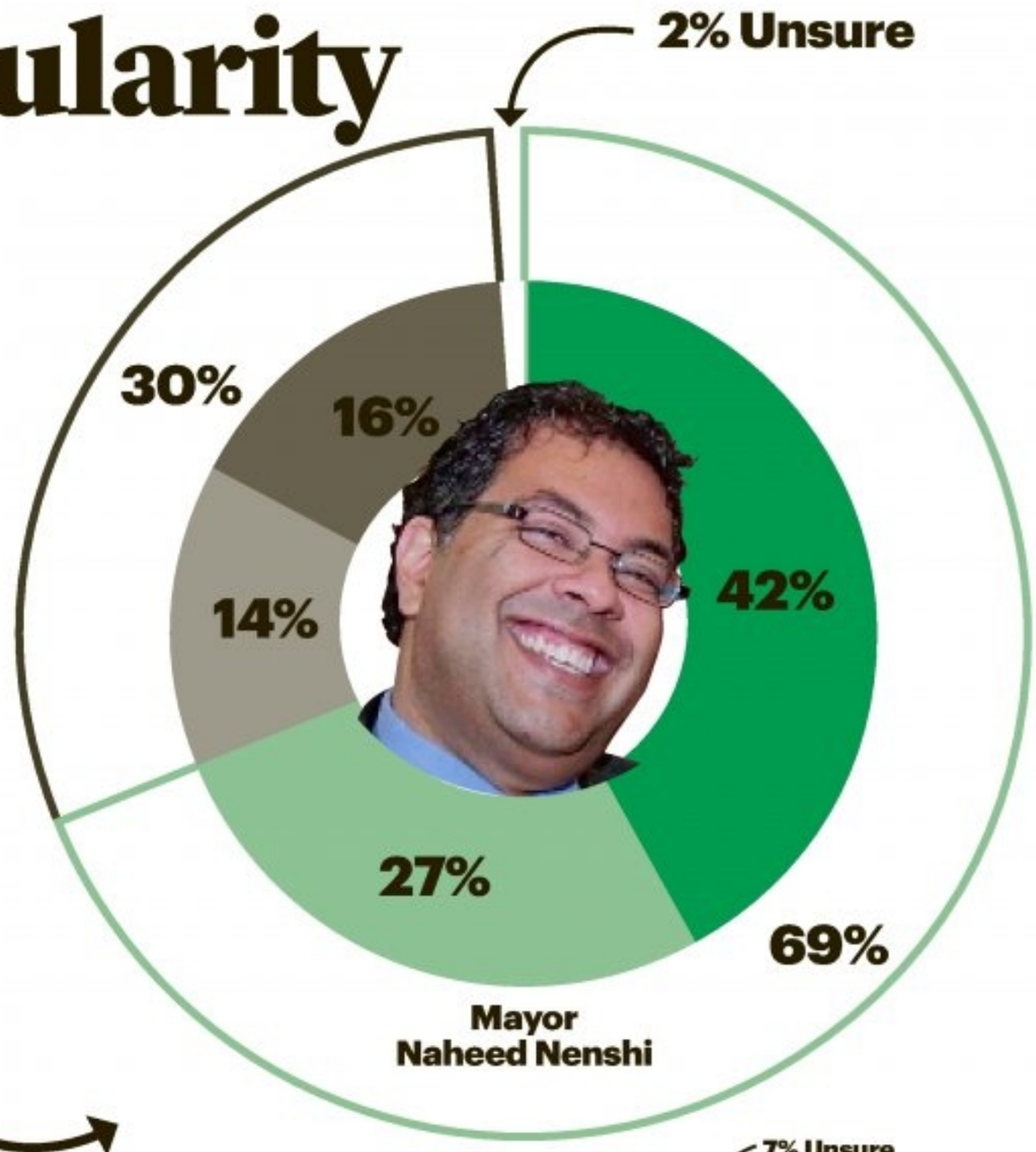
Another 35 per cent were opposed and seven per cent were unsure.

"The numbers for council are actually pretty good. Typically council's approval numbers are behind the mayor's and fewer people are aware of who their councillor is," said Henry.

The survey was weighted to reflect gender and age of Calgarians according to Statistics Canada.

The online survey utilized a representative but non-random sample, and therefore margin of error was not applicable. However, a probability sample of this size would yield a margin of error of +/- 4.6 percentage points at a 95 per cent confidence interval.

To join the Voice of Alberta Panel, visit voiceofalberta.com.



March 2016 ThinkHQ/Metro News Poll: THE QUESTION

Today we'd like to ask you a few questions about the city you live in and your thoughts about what it's like to live there.

Let's start with your local municipal government.

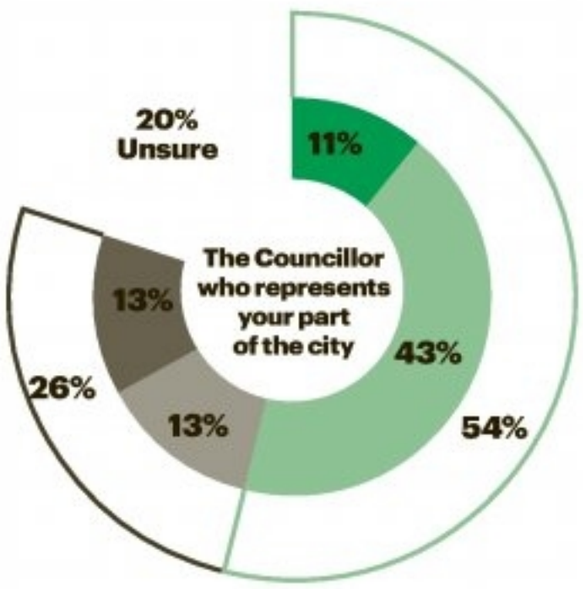
The current mayor and city council were elected in October 2013.

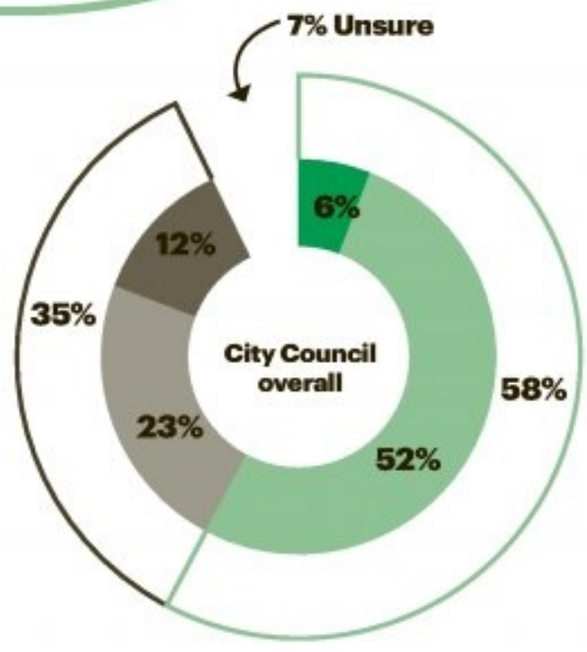
How would you personally rate their performance since then?

Would you say you generally approve or disapprove of...

- Mayor Naheed Nenshi
- The Councillor who represents your part of the city
- City Council overall

THE RESULTS





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Midwives must close practices

HEALTH CARE

Services that helped rural and vulnerable women cut

Jeremy Simes
For Metro | Calgary

If Cassie Evans knew her midwifery practice would be going under, she wouldn't have taken Alberta Health Services' (AHS) directive to open it in the first place.

After months of negotiating with the Alberta Association of Midwives (AAM), AHS has divvied out the number of courses of care each practice can provide, snubbing some midwifery practices that help vulnerable and rural Albertans.

It's a move that will see a handful of experienced midwives lose their jobs, prompting them to find work out of province or country – the number of courses offered hardly meet what's required to stay open, Evans said.

Evans, who's been practicing midwifery for seven years, said her Calgary-based practice Honeycomb Midwives primarily focuses on low-income teenage moms.

The practice will likely close in August, and the Red Midwives in Bridgeland will also close.

In fact, she said AHS solicited midwives to open new practices that address the needs of the province's most vulnerable and rural populations, via AHS' workforce midwifery planning document.

But – due to how AHS decided to allocate funds for this fiscal year – midwives who opened new practices lost their seniority in the system, meaning established practices got appropriate funds plus some, Evans said.

It gets worse, she added. Those older practices can now hire foreigners or midwife grads to fill new openings, leaving experienced midwives who expanded the profession out of work.

"Everyone who followed the plan (to expand) got cut, which is weird," she said.

"My husband is out of work at the moment, so my only option is to move.

"I can't feed my family or pay my mortgage, and I'm going to struggle for another two-and-a-half years to pay my lease payment"

It's not about getting more funding, according to Jennifer Thomson, whose practice in St. Albert will close in the fall. Evans agreed.

Thomson said a new funding model, where midwives would be under the same umbrella as family doctors, would give women more choice, keep midwives employed and save the healthcare system money.

But she said she isn't optimistic a model will be implemented anytime soon.

"Every time anyone questions the Health Minister (Sarah Hoffman) on it, she just comes out with a response to appease everyone but does nothing," she said. "We've been hung out to dry."

As for patients, Evans said AHS has told midwives to take in new moms in good faith. For example, Honeycomb won't get paid for serving 21 women, so they've asked AHS if they should provide service pro bono, ask for payment privately, or discharge them to obstetricians.

Registered midwives Christy LeBlanc and Cassie Evans will soon be out of work.
JEREMY SIMES / FOR METRO

> **I can't feed my family or pay my mortgage, and I'm going to struggle for another two-and-a-half years to pay my lease payment.** Cassie Evans

Homebuilders are holding on

CONSTRUCTION

Buyers taking advantage of lower prices

Brodie Thomas
Metro | Calgary

Calgary homebuilders are reporting a slowdown — but definitely not a full-stop — in the wake of the downturn.

Danelle Kaspers of Treehouse Developments — a housing contractor — is thankful the work has been continuing on.

"I'm flabbergasted there's still as much going on," she said. "It's tough to say if a lot of these projects are pre-sold or if they're speculative."

Her company focuses on infills in established communities.

She thinks some of the work they've seen is speculative, but they also get people who want to take advantage of the slower market to build.

"It was such a boom market before and prices were higher," she said. "There's definitely been a price reduction — there definitely had been up to a 10 per cent drop in price on some of the inner city developments."

Homebuilders say there are some advantages to working in this slower economy — such as increased availability of labour. METRO FILE

She said the main thing is, her company is still able to sell their product.

Homebuilders are taking steps to keep staff employed according to Wendy Jabusch, vice chair of the Canadian Home Builders' — Urban Development Institute Calgary Region Association.

"Some of our members are cutting staff back to four days a week. Some are freezing salaries. There's all sorts of ways our industry is responding, trying to keep everybody as employed as possible," she said.

> **"There's definitely been a price reduction.**
> Danelle Kaspers

Although it's not as busy as the height of the boom, that's also leading to advantages in how job sites are run.

The big advantage is that trades are now showing up on time, meaning the entire project can flow more smoothly.

"Some of the challenges we had during the peak years was just literally getting homes built," said Jabusch

She said tradespeople coming out of school may have a more difficult time finding apprenticeships, but she thinks those that do will get more attention from their mentors.

"If they can find that first employment opportunity — it's a great time to start learning the business," said Jabusch.

Engineers make fashion

Aaron Chatha
Metro | Calgary

Using cutting-edge technology, 47 designers and engineers are hard at work finishing their pieces for the Make Fashion show on April 2. Taking place at the Telus Spark, the outfits are meant to be a marriage of style and wearable technology. For more information visit www.makefashion.ca.

Dress controlled by thoughts

Angela Coombes and her team are working on a dress that uses brainwaves to control LED lights while she walks down the runway and sings an electro pop song she wrote herself. The emotive headset has 14 sensors, each tied to a different light on the dress, that changes colour based on what type of brainwave — alpha, beta, delta or other — is more dominant.

"It will look like a brain-mapping, morphing display of colour," she said. Her team calls the dress musethereal.

PHOTOS BY: KENNETH APPLEBY/FOR METRO

Transforming muslin

Catherine Blair is creating two dresses, a jacket and gown, that are linked by brainwave-reading headsets. The headsets compare the brainwaves of the two models, and use little motors and pulleys to physically change the shapes of the dresses depending on the model's thought patterns.

"As the two people are thinking more similarly, the two dresses will be in similar shapes," said Blair. Blair and her team call the project To:gether.

Fiery prosthetics

Kelly Hofer's team used a B.C. company to carve out special prosthetics for their model, Nadine Richards. They're using blue lights underneath the carvings to create an intense fire animation.

"So, her prosthetic legs become an art piece in themselves," said Hofer. "Rather than trying to emulate human legs, we're turning her into a cyborg by electrifying her legs and adding art to it."

Laser-cut cuffs and collars

In all shapes and sizes, April Onishenko's team is making two complimentary dresses, one for an adult and one for a younger child.

The circles on the dress will be outfitted with LED lights to highlight the pattern.

The collars and cuffs of the dresses and have been intricately designed and carved out using a laser cutter.

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- Market Mall
- Marlborough Mall
- North Hill Shopping Centre
- Northland Village
- Saddletowne Circle
- Shawnessy Village
- Southcentre Mall
- Sunridge Mall
- The Core
- Westbrook Mall

CANMORE
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EDMONTON
- 17551 – 100th Ave.N.W.
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- Bonnie Doon Shopping Centre
- Christy's Corner
- Currents of Windermere
- Edmonton City Centre
- Kingsway Mall
- Londonderry Mall
- Meyokumin Retail Centre
- Mill Woods Town Centre
- Namao Centre South
- Northgate Centre
- Oliver Square
- RioCan Meadows
- SmartCentres Edmonton West
- South Edmonton Common
- South Park Centre
- Southgate Mall
- Terra Losa Shopping Centre
- West Edmonton Mall
- Westmount Centre

FORT MCMURRAY
- Clearwater Landing
- Peter Pond Shopping Centre
- Stoneycreek Village

GRANDE PRAIRIE
- Prairie Mall
- South 40 Shopping Centre

LETHBRIDGE
- Lethbridge SmartCentres
- Park Place

LLOYDMINSTER
- Lloyd Mall

MEDICINE HAT
- Medicine Hat Mall

PEACE RIVER
- 10032 – 100th St.

RED DEER
- Bower Place
- Parkland Mall
- Southpointe Common

ROCKY VIEW
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Doctor an advocate for choice

ASSISTED DEATH

Ellen Wiebe performed first legal procedure outside Quebec

For 40 years, Dr. Ellen Wiebe has been fighting for choice.

At a time when providing abortions meant death threats and violent attacks on her peers, she spearheaded clinical trials of a pregnancy-termination pill. Now, as the country debates assisted death, she has performed what's thought to be the first legal procedure outside of Quebec.

"(These issues are) just really important to me," she said in a recent interview in her bustling women's clinic in Vancouver. "The choice over your reproduction is just crucial.

"The right to die is another thing I'm passionate about. We should all have the right to die at our own choice, and I will put in the effort and take the risks."

On Feb. 29, Wiebe was by the side of a Calgary woman with ALS when she died. The woman, identified in court documents as Ms. S, won a legal exemption to receive assisted death, but she had to fly to Vancouver because she couldn't find a local physician to help her.

Dr. Ellen Wiebe helped a Calgary woman end her life on Feb. 29. JONATHAN HAYWARD/THE CANADIAN PRESS

It was a situation Wiebe foresaw last fall, when she learned that many palliative-care physicians were not planning to offer assisted dying. It struck her that although the law was set to change, there might not be doctors available to provide the procedure.

"That's so much like abortion, where you have a legal right to a medical procedure but you don't have access unless you've got providers," she said.

She and a colleague set about preparing for Feb. 6, the original deadline the Supreme Court gave the federal government to come up with assisted-dying legislation.

The court later granted an extension until June 6, but patients can seek exemptions from a judge in the meantime.

Wiebe spoke with assisted-dying providers in Oregon and the Netherlands to learn first-hand.

She now knows how to have conversations with people who are considering ending their lives and how best to use lethal medications.

She said most family doctors are familiar with end-of-life care and wouldn't require much training. While some physicians have expressed reservations about how assisted dying squares up with their oath to do no harm, Wiebe sees no contradictions.

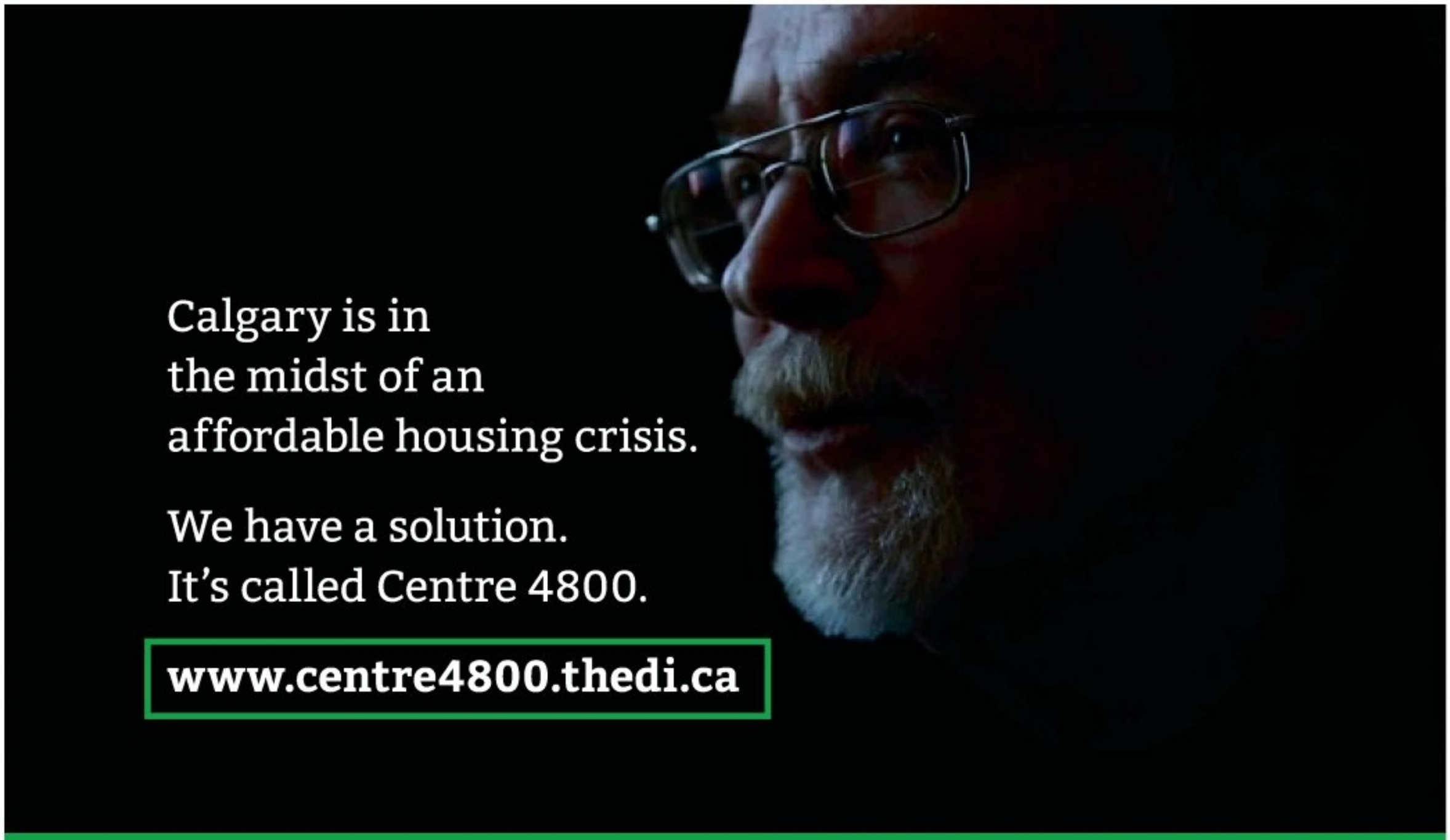
"My job is to help them have a good life and a good death by their standards, not by mine or anybody else's."

> **My job is to help them have a good life and a good death by their standards, not by mine or anybody else's.**
> Dr. Ellen Wiebe

But Larry Worthen, executive director of the Christian Medical and Dental Society, said doctors in his organization are struggling with impending legalization. He said he's concerned Canadians haven't thought carefully about the implications.

"If society thinks that assisted death is a virtuous thing, that you're saving money for the health-care system, you're saving your family from grief ... how long before it starts to become an expectation?"

THE CANADIAN PRESS



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33
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70+

Community consultation activities have been held, and feedback has shaped this project from the ground up.

We want to get this right, and are committed to working with our neighbours.

WE ASKED YOU

What should city council do with the $54M budget surplus?

Always, for me, it's infrastructure. We have issues with our roads always falling apart, and our bridges always need expansion. There's one part of the ring road, it goes from three lanes to two lanes when you come up to 17 Avenue and it bottlenecks there all the time.

Scott McGlashing

I'd want an increase on spending for CTrain; the red line is something that everyone's talking about right now. So if we have a surplus, we should invest fixing the efficiency of the buses and CTrains — getting more buses on the roads, having them be a little more frequent.

Zareth Miranda

We should either buy a municipal bond and give money back to people as it earns interest, or start repealing tax rates on properties. Should governments be running a surplus or should they be thinking about how they're taxing individuals — especially considering the economic environment we're in right now.

Andrew Howden

There's a lot we could do with infrastructure right now. Especially when the economy's not doing well, infrastructure's always good because it brings in jobs. Widening the bridge on Crowchild would be a good place to start — it gets really congested there and you don't want arteries getting clogged up.

Anna Ortiz

I think we should put it towards education. I'm a student at Mount Royal (University), and it sucks being broke. It should be cheaper and more accessible — books especially, they're so expensive. If they lowered tuition, I think there would definitely be more students at school.

Tessia First Rider

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MUNICIPAL ELECTION

Researcher, avid cyclist launches 2017 campaign for Ward 11

Brodie Thomas
Metro | Calgary

Jeromy Farkas thinks the time is right to start campaigning for a council seat.

With 18 months to go before the next municipal election, he's the second candidate to officially launch a 2017 campaign in the city.

Farkas is running in Ward 11, which is currently held by Coun. Brian Pincott.

He said after years of watching council for his researching jobs, he's ready to try his hand at it.

"I think we are facing a once-in-a-generation crisis in terms of the economy," he said. "People don't realize this could be a truly defining moment for what we do or don't do."

Farkas describes himself as a researcher by trade. He helped develop the website council-tracker.ca while working for the Manning Foundation.

He said he wants to see an increased focus on evidence-based decisions, rather than political decisions.

Ward 11 has been the epicentre of the debate over the southwest transitway project. He said he was disappointed to see public consultations halted on the project.

"Often times I see council spending thousands upon thousands of dollars on consultants on reports — and I just wish they would tap into the best consultants that they have access to, and that's the people that live in these communities."

At the same time, he said he is an avid cyclist and believes there's great value to be had in the right transit projects.

"My criticism is that we have a lot of secrecy surrounding projects like these. We have that lack of consultation and a lot of questions around cost."

At age 29, Farkas would be one of the youngest councillors on council if he were successful in his campaign. He said he doesn't see a lot of councillors that represent him and his generation.

"I lean conservative but that means I think government can and should do better. So I think we're overdue for a serious rework of how government operates and who it's serving," he said.

Jeromy Farkas CONTRIBUTED

Derek Luk said he wants to increase access to mental health training while reducing costs. COURTESY DEREK LUK

Mindful of mental well-being

HEALTH

Entrepreneur created online service after loss of a friend

Aaron Chatha
Metro | Calgary

Derek Luk is working to make Albertans more mindful and mentally prepared to deal with chronic depression and anxiety, by making the training cheaper and more accessible.

The idea for Mindful Mental Training Inc. started after Luk lost a friend and colleague to suicide while in school. He felt that people in need of help couldn't access it in a timely manner, or felt unable to reach out for help due to stigma.

"We worked in the mental health unit, and that's what she was experiencing," Luk recalled. "No one really knew what was happening."

Luk founded Mindful Mental Training Inc. as a way for Albertans to access online training to be able to track their illnesses in between seeing their physician, through a series of online videos.

Other professionals offer programs that teach people to manage their depression and anxiety, and Luk said it can be just as effective as medications. But the main barrier to the training is the high costs related to the programs and a lack of trained facilitators, meaning there isn't always room in the program for everyone who wants to take it.

He aims to reduce costs by offering the same training through online videos — and the web format makes it easier to access from remote areas as well.

The training is focused on mental well-being, and the controlling attitudes.

"Oftentimes it's the stories we tell ourselves, the negative thinking, the rumination and constant worry that actually makes things worse," he said.

For more information visit mindfulmentaltraining.ca.

CALGARY HEROES Ordinary people doing extraordinary things!

Passionate fight for falcons

ANIMALS

John Campbell has dedicated 40 years to bird conservation

Jennifer Friesen
For Metro

John Campbell was 11 years old when he first held a bird in his hands.

The young goshawk was given to Campbell's father, and it sparked a passion for the pair. At the time, numbers of peregrine falcons had plummeted due to the use of pesticide DDT, so their mission to survey, build nest sites and breed and release birds of prey began.

"That first bird started it," he said. "It's neat to grow up and see the young hatch out and feed them, and then we got more and more involved."

Over the past 40 years, Campbell has volunteered countless hours to the conservation of falcons. In that time, he estimates the number of prairie falcons has dropped 50 per cent.

"It's like a death of a thousand cuts," he said.

"We're changing the landscape and we're using a lot more pesticides. We all live on this planet and we all need the same things. We need air to breathe, water to drink and food to eat — and that all comes from nature and from the land. We live here, they live here, and if they're having trouble living here, eventually we're going to have trouble living here too."

This mission to protect Alberta's wildlife is what makes Campbell a Calgary hero.

During nesting season, Campbell is out from sun-up to sundown, tracking falcons and building artificial nest sites to make up for those that are lost to development.

After locating a prairie falcon nest on a cliff, he "bands" the birds with a small hoop around their feet so he can follow their progress.

Working mostly on a volunteer basis, with only occasional paid jobs from the Government of Alberta and the Canadian Wildlife Services, he's banded approximately 13,000 birds.

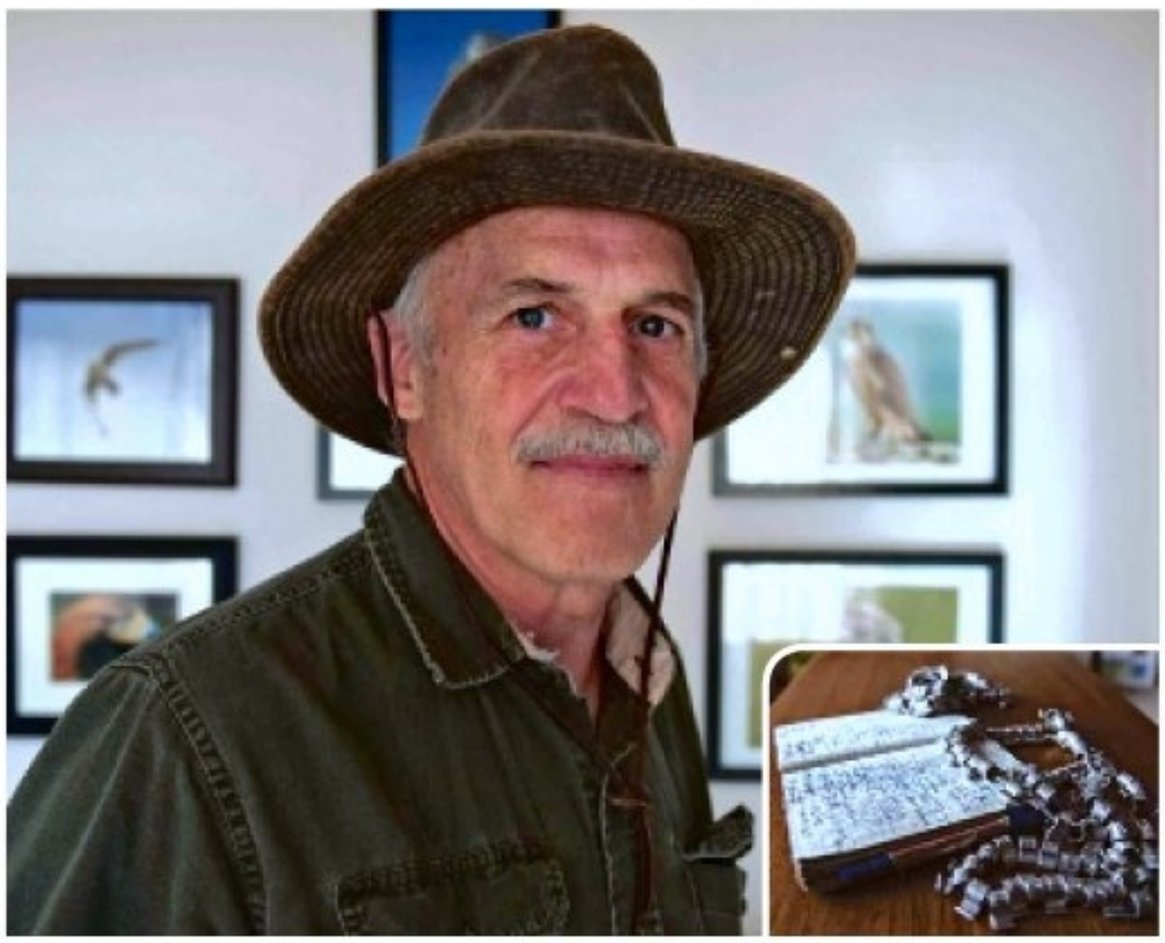
While sifting through his notebook, he smiled and said, "It's interesting because if I find a prairie falcon with a band on, I can drag out my book and say, 'Oh, she's eight years old and this is the site she came from.' It's the excitement of seeing the birds and seeing how well they do."

Peregrine falcons can nest inside the city, on top of tall buildings, but prairie falcons prefer cliffs in open spaces. However, with more extensive agriculture, flooding and "general encroachment," he said prairie falcons aren't doing well.

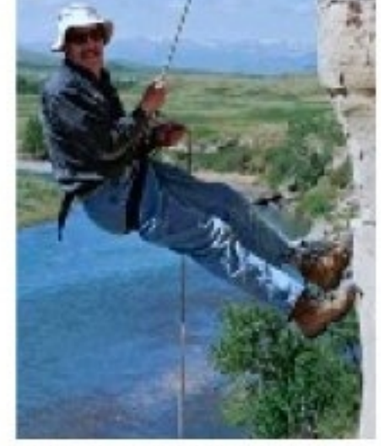
"It's hard to see," he said. "So if I'm not on-site banding and building nests for prairie falcons, I'm contacting businesses to try and get them to put up nest boxes for peregrine (falcons)."

Campbell's father passed away in 2003, but the lessons he taught his son have continued. Outside of his work as an IT consultant, Campbell founded the Alberta Raptor Preservation Society in 2006, to teach the public about birds of prey and help protect them.

"I think he would be proud," said Campbell about his father. "It's what I do for the love of the birds."



John Campbell has been working with falcons and other birds of prey for 40 years. Inset: Campbell has banded 13,000 birds in his life, and has recorded the information for each animal.
PHOTOS: JENNIFER FRIESEN/FOR METRO



Campbell often goes to great extremes to band the birds.
COURTESY JOHN CAMPBELL

CONSERVATION RUNS IN THE FAMILY

There is only one known pair of peregrine falcons in Southern Alberta.

Campbell has built 35 nesting sites in the province.

Campbell's father, John Campbell Sr., was one of Alberta's first falconers and became the first Canadian to breed captive peregrine falcons.

Campbell Sr. bred the first pair of peregrine falcons that nested in downtown Calgary.

In 2015, Campbell received the Alberta Order of the Bighorn award for his conservation efforts.

Nominations

If you know of someone who is a Calgary Hero, let us know at calletters@metronews.ca.

Economic woes ahead of budget

POLITICS

Canadians are worried about financial security: Poll

Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-third of respondents think the economy won't change.

And those economic jitters have most Canadians now fretting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own financial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Students, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market. And Trudeau made himself the minister of youth, setting expectations high on the file. Young people will now be watching to see if those promises become a reality to help set them up for economic success, Arte said.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

What will Tuesday's platform say about Trudeau's Liberals?

Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

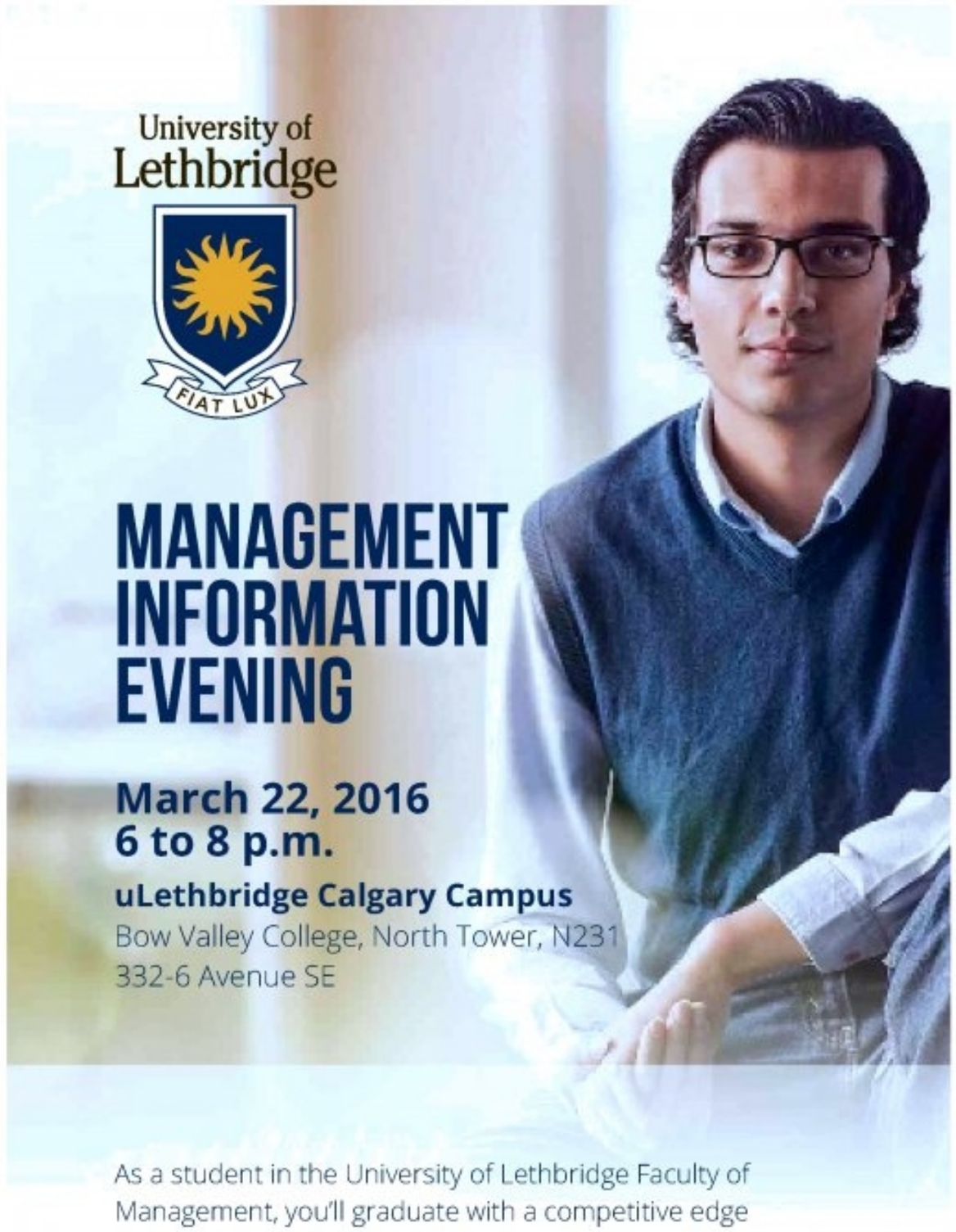
But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), but what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of the suburban middle class. They cut the GST by one percentage point as they began to chisel away at programs and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually led to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget. The Liberals campaigned on a promise to create 40,000 jobs for young Canadians each year for the next three years — including 5,000 youth green jobs. On Tuesday we'll see just what the plan is to deliver on that jobs promise.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa



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TORONTO

Three-month-old found following Amber Alert

A three-month-old baby in the back seat of a stolen car in Toronto was found safe and sound Sunday night, about four hours after the theft.

Police received a tip from a member of the public about an infant in a car spotted in a parking lot in the city's northwest, said Toronto Police Const. Craig Brister.

"They had seen a vehicle with a baby in the back seat and were concerned about the well-being of the child."

The infant was unharmed and was being reunited with his family.

The discovery followed a frantic search that led to an Amber Alert being issued and had a number of police forces responsible for the suburbs around Toronto, as well as the Ontario Provincial Police, on the lookout for the stolen vehicle.

The car was taken from a flea-market parking lot in Toronto's west end Sunday afternoon, police said.

"A father (who) had been at the flea market had got out of his vehicle to go inside the flea market for whatever reason and had left his three-month-old infant in the back seat," Brister said.

As the father came out of the market, his car was driving away. He gave chase on foot but couldn't get to the driver.

As of Sunday night the police were still looking for a suspect, described as having blond hair and being in his 40s.

Police gave the search maximum publicity, with not only Toronto police but neighbouring forces flooding social media with descriptions of the car and the baby.

It was not immediately clear if the person who tipped police had seen the flood of publicity, but public concern about the child's well-being was overwhelming said Brister, who was handling the social media portion of the police effort.

THE CANADIAN PRESS

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Edmonton Eskimos' Adarius Bowman THE CANADIAN PRESS

Name's got to go: Obed

SPORTS

President of Inuit Tapiriit Kanatami met with team

Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

When Metro asked then what actions would be taken, the team told us that was a question for the future.

In January, the team invited Obed to Edmonton to talk it out. Metro finally got both sides on the phone to talk about the meeting.

How did the meeting go?

The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position on the name changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue that we may have started is one that I'm grateful that they were open to ... but until the name is changed, there really isn't much more to talk about.

Were you disappointed in the meeting?

I think that it is too strong a word. I recognize that it is an issue that needs to be brought up with the ownership group and their relations, with respect to marketing and the fans, so I'm not discounting any of that. It seems as though the City of Edmonton and the Edmonton franchise both want to do what is right, and both were largely oblivious to any negative connotation to the name itself.

Your position is somewhat controversial, even within the Inuit community.

What I've said and will continue to say is that there are Inuit that are offended by it and we should live now where we try to ensure that we are providing a safe environment. I don't ever want to be called that term ... I played sports — I grew up playing hockey, and I've been called a 'dirty Eskimo' and a 'n—.' I've been called all sorts of names, and I know just how deeply those things hurt and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.

RESPONSE

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."

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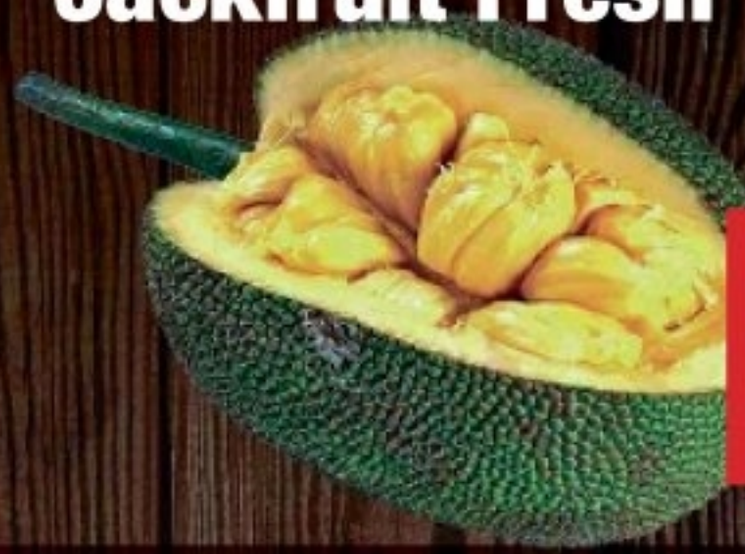

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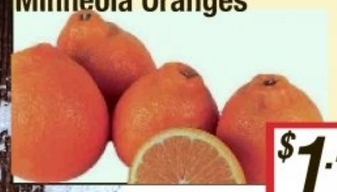
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Professor, family denied residency

IMMIGRATION

Son's disability at the heart of dispute over immigration

An Ontario university professor who has applied for permanent residency in Canada may face refusal because his son has Down syndrome.

Citizenship and Immigration Canada has told Felipe Montoya that his 13-year-old son Nicolas's condition makes him inadmissible to Canada because of the potential burden he would place on the health-care system.

"We consider it to be in contradiction to the charter for many reasons, and we think that it's based on outdated views of so-called disabilities and that it needs to be looked at again and brought up-to-date," Montoya said, adding the case could impact families beyond his own.

Montoya moved to Canada from his native Costa Rica to take up a position at Toronto's York University, where he is a full-time tenured professor of environmental studies.

Three years ago, he filed an application for permanent residency for himself and his family.

Nicolas's Down syndrome was disclosed at the outset and confirmed by doctors in medical exams required for the application process. Montoya said Nicolas, along with all the rest of the family, was found to be perfectly healthy, and he hoped the medical clearance would help finalize his application.

> It's based on outdated views of so-called disabilities.
> Felipe Montoya

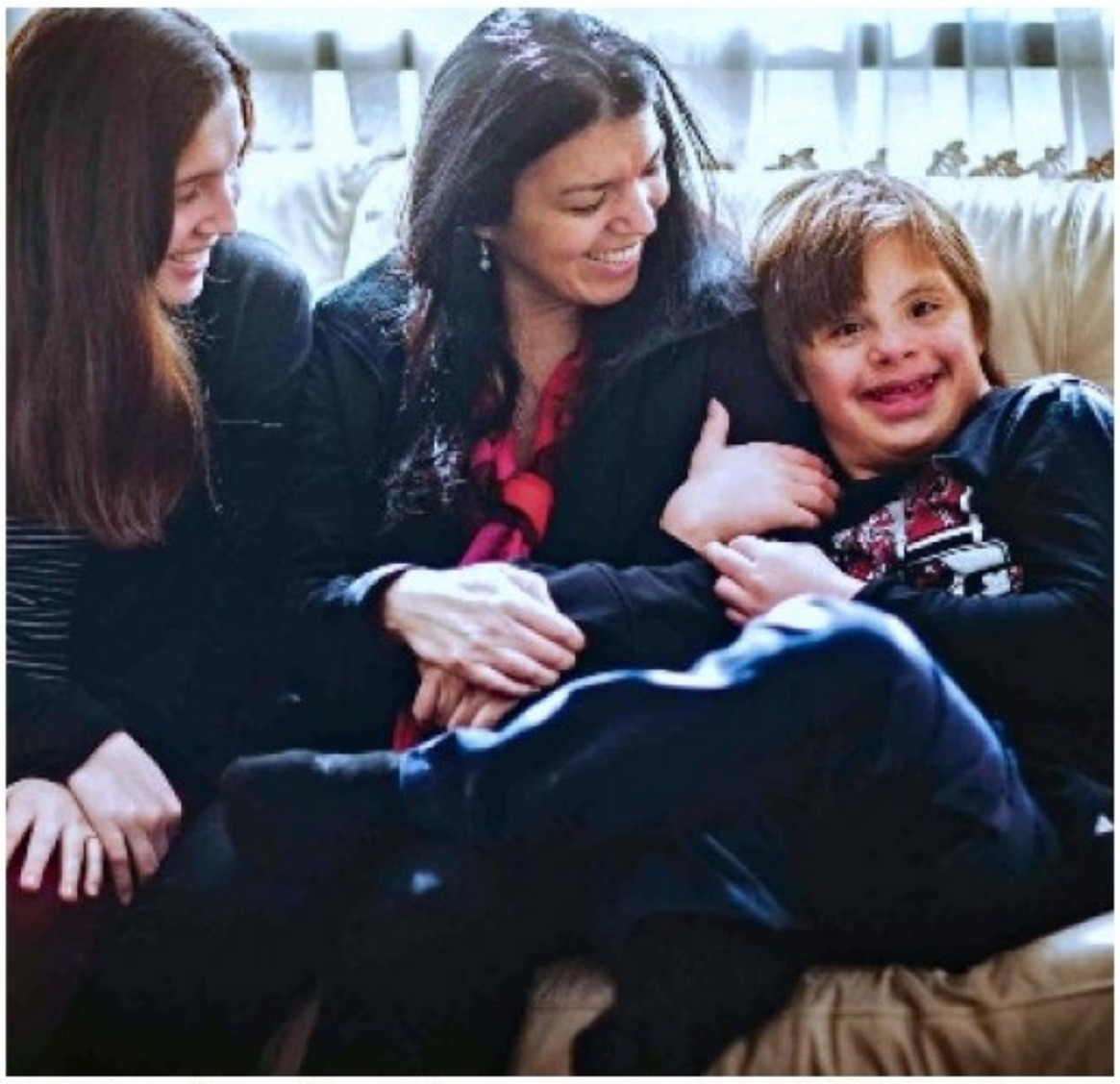
CIC said it couldn't comment on the specific case, but the letter said that Nicolas's disability might cause "excessive demand" on social services, estimating that special education supports for him would cost between $20,000 and $25,000 a year.

Montoya said CIC provided no explanation of how the estimate was reached, adding that his son did not require special accommodations and joined a pre-existing community classroom in his local public school.

Cases like Montoya's are surprisingly common, according to Toronto immigration lawyer Henry Chang, but the family can dispute the finding.

They can file documents challenging CIC's calculations of Nicolas' financial needs or appeal on humanitarian grounds, Chang said, or present evidence they are willing and able to shoulder some of the costs themselves.

Montoya said the family is braced for a number of outcomes, including the possibility they will have to return to Costa Rica. THE CANADIAN PRESS



Nico Montoya, a 13-year-old boy with Down syndrome, sits on the couch at his home with his mother Alejandra Garcia, centre, and his sister Tania. Nico's father, Felipe, is contesting a Citizenship and Immigration ruling that could bar his family from residency due to Nico's disability.
MARK BLINCH/THE CANADIAN PRESS

TRIAL

Ghomeshi could rebound

It took mere days for Jian Ghomeshi's celebrated media career to disintegrate when sexual assault allegations first emerged in 2014.

After decades spent ascending to CBC Radio's top echelon he crashed with a sudden dismissal, while his image as an erudite man-about-town and social progressive was instantly blighted by stunning criminal charges involving several complainants.

A judge is poised to release a verdict on the bulk of those charges Thursday, a ruling that will likely determine whether Ghomeshi has a chance at ever working in the public eye again.

Some image experts believe the 48-year-old Ghomeshi could possibly become a media star again — if he's acquitted of all charges.

"There are things he can do, absolutely, but we're talking about a reputation that's been slaughtered," says Eric Schiffer, of the California-based firm Reputation Management Consultants.

"There's always a way, if you're innocent, to rebuild yourself," insists the crisis management expert, who says his company has represented some of the biggest names in the world, including "some of the wealthiest men in Canada."

"He's been decimated but there are tremendous opportunities. If he is innocent and found innocent, I think you can certainly do a magnificent job in telling this story from a different perspective."

Jian Ghomeshi leaves court in Toronto following closing arguments in his trial on Feb. 11, 2016. THE CANADIAN PRESS

Regardless of what a judge says, the court of public opinion will be the true arbiter, says public relations expert Martin Waxman. The flood of news reports recounting allegations against Ghomeshi have had a damaging impact, he added.

"Just do a search of his name ... there's so much stuff about the trial," says the Toronto-based Waxman.

"With little other things peppered in, but absolutely no 'good news' stories. Even his Wikipedia entry, paragraph two talks about the scandal. He has a long way to go to repair his reputation and his image, if he can even do that."

Thursday's verdict concerns four charges of sexual assault and one charge of overcoming resistance by choking. Ghomeshi has pleaded not guilty to all of them.

If convicted of sexual assault, the former Q host faces a maximum sentence of 18 months behind bars. The choking charge carries a potential life sentence.

If acquitted, the first thing Ghomeshi should do is start showing "a little bit of humility," says Waxman.

"Ghomeshi needs to demonstrate that he's a human being, he's sympathetic, that he understands that maybe there are two sides to every story and maybe the women who charged him, they have their side, too," says Waxman, who conducts digital media training through Martin Waxman Communications.

"Some kind of an apology would go a long way. If you think about our former mayor (Rob Ford) ... he always fell back on apologizing. Sometimes his apologies may not have seemed that sincere but his audience, Ford Nation, sure bought them. He was able to kind of draw the story away from the current scandal."

And there's no time to delay rebranding efforts, says Alan Middleton, assistant professor of marketing at York University.

"If I was him, I'd be looking at the day, or the minute, the court result comes in," says Middleton. THE CANADIAN PRESS

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SUICIDE ATTACK

ISIL-linked Istanbul bomber identified

Turkey's interior minister on Sunday identified the suicide bomber who killed four foreign tourists in Istanbul as a militant with links to the Islamic State of Iraq and the Levant (ISIL).

Efkan Ala said the bomber was Turkish citizen Mehmet Ozturk, born in 1992 in Gaziantep province, which borders Syria. He said Ozturk wasn't on any list of wanted suspects and five other people were detained as part of the investigation.

Saturday's explosion wounded dozens of others. Among the fatalities were two American-Israelis, another Israeli and an Iranian. The attack targeted Istanbul's pedestrian Istiklal Street, which is lined with shops and cafes in an area that also has government offices and foreign missions.

"The identity of the terrorist who carried out this reprehensible attack has been determined...The findings obtained show that the terrorist is linked to the Daesh terror organization," the minister said, using an alternative acronym for ISIL.

Istanbul remained tense a day after the bombing, with Turkish authorities postponing a high-profile soccer match between two major teams, citing an unspecified threat.

The Istanbul governor's office said Sunday's Galatasaray-Fenerbahce derby was cancelled following "the assessment of serious intelligence."

THE ASSOCIATED PRESS

FEST MARRED

The attack came has Turkey had heightened security across the country in the run-up to the Kurdish spring festival of Newroz on March 21, which Kurds in Turkey traditionally use to assert their ethnic identity and demand greater rights.

THE ASSOCIATED PRESS

Anti-Trump protester Bryan Sanders, centre left, is punched by a Trump supporter Saturday at a Tucson Arena rally.

MIKE CHRISTY/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

Trump talk heats up on immigrants

U.S. PRESIDENTIAL RACE

Protesters get testy at rallies in Arizona

Donald Trump's campaign in Arizona is centred on his hard line against illegal immigration, a stand that supporters embraced in a series of tense rallies ahead of Tuesday's presidential primary in the border state.

"Illegal immigration is gonna stop," Trump said Saturday night in Tucson. "It's dangerous," he said. "Terrible."

Both in Phoenix and Tucson, Trump was introduced by former Arizona Gov. Jan Brewer, who pushed tough immigration laws in office, and Joe Arpaio, the Maricopa County sheriff who made his name by chasing down people who are in the country illegally. The county includes Phoenix and nearly two-thirds of Arizona's population.

Protesters showed up at every event. In Phoenix, they blocked the main road into his outdoor rally for several hours before it started. In Tucson, they interrupted him and some were tossed from the event.

Police said Sunday that about half a dozen people were arrested at the Arizona rallies, including two on misdemeanour charges of assault. It was not clear how many were protesters or Trump supporters.

Trump was campaigning in Arizona ahead of Tuesday's primary in which the winner will take all 58 delegates at stake.

Trump's main rivals, Texas Sen. Ted Cruz and Ohio Gov. John Kasich, are desperately trying to prevent the real estate mogul from accumulating the 1,237 delegates needed to secure the nomination at the party's national convention in July. They are hoping for a contested convention in which delegates would be free to turn from Trump if he fails to win a majority on the first ballot. Trump has won 678 delegates in contests held thus far, according to a count by The Associated Press. Cruz is in second place with 423 delegates, and Kasich is in third with 143.

His rivals hope to offset a likely Trump win in Arizona Tuesday with a strong showing in the Utah caucuses.

THE ASSOCIATED PRESS

IN BRIEF

Bird baffles roller-coaster

Roller-coaster riders at Happy Valley Amusement Park in Beijing were left hanging upside down for almost 20 minutes when a bird stood on a safety sensor. it took 18 minutes to bring the 26 riders to safety on Saturday.

THE ASSOCIATED PRESS

Trash-eating bears die earlier than counterparts

Colorado researchers say black bears that eat human foods from trash cans have higher reproductive rates than those eating naturally. The study also found bears that eat human food don't survive as long as those left to the wild. THE ASSOCIATED PRESS

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‘It is wonderful to be here’

Spotlight on CUBA

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America’s former adversary.

“It is wonderful to be here,” said the American president.

Obama’s whirlwind trip is a crowning moment in his and Cuban President Raul Castro’s ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

“This is a historic visit, and it’s a historic opportunity to engage with the Cuban people,” Obama said.

A highlight of Obama’s visit comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball’s Tampa Bay Rays. The president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb. THE ASSOCIATED PRESS

First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit on Airforce One Sunday in Havana, Cuba. Obama is the first President in nearly 90 years to visit Cuba. JOE RAEDLE/GETTY IMAGES

TRAVEL

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

DIPLOMACY

Obama visit a first step

Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama’s visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at Toronto’s York University grew up in Cuba and remembers the atrocious effects of the U.S. trade embargo on ordinary people’s lives.

“It was very bad in the 1960s,” he said. “No one cared whether you had toothpaste or soap. Those basic things we take for granted were very hard to find.”

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama’s visit to serve as a step in the direction of normalizing relations between the two countries.

“This conflict has been there for over half a century. It’s time for a change,” he said.

On top of Cubans’ wish list is the lifting of the economic blockade — which Obama has asked Congress to look into. There’s also the need to close down the naval base at Guantanamo Bay.

Volunteers help migrants and refugees on a dingy as they arrive at the shore of the northeastern Greek island of Lesbos after crossing the Aegean sea from Turkey on Sunday.
PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

GREECE

Hundreds of refugees arrive ahead of Turkey-EU immigration deal

Hundreds of mostly Syrian asylum-seekers continued to arrive in Greece by sea Sunday, despite the start of an international agreement to send migrants back to Turkey.

While the deal between the European Union and Turkey is officially in effect, the process for deporting migrants has yet to be worked out. Greek and Turkish officials are set to hold discussions Monday. And Greece is still awaiting the arrival of 2,300 European experts, including translators, to help carry out the agreement.

In the meantime, the EU said any new arrivals in Greece from now on will be subject to possible deportation.

At least 875 new refugees — mostly Syrians, along with Iraqis and Afghans — landed on four of Greece’s Aegean islands close to the Turkish coast between Saturday evening and daybreak Sunday. Two Syrian men were found dead of undetermined causes aboard a boat arriving on the island of Lesbos, and two girls were found drowned east of Rhodes, officials said.

The EU-Turkey plan, agreed to on Friday, aims to halt smuggling by sending migrants who do not qualify for asylum back to Turkey. As part of the deal, European nations will then accept refugees directly from Turkey, starting April 4. The hope is to discourage asylum-seekers from trying to make the dangerous trip across the Aegean Sea on their own. Turkey is also required to step up efforts to crack down on illegal migration. THE ASSOCIATED PRESS

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MIDDLE EAST

Yemen government, rebels try ceasefire

Yemeni Shiite rebels and the internationally recognized government have agreed to begin a ceasefire for a week or two before their next round of negotiations which are expected in April, Yemeni officials said Sunday.

The officials participated in Sunday's talks in Sanaa, the capital, between the rebels and the United Nations envoy to Yemen, Ismail Ould Cheikh Ahmed.

All officials spoke on condition of anonymity because they were not authorized to brief reporters.

According to the officials, the Shiite rebels known as Houthis have agreed to implement a UN security council resolution.

That resolution requires them to hand over their weapons and withdraw from territory they occupy, including Sanaa.

Officials with the internationally recognized government also said Sunday they agree to the ceasefire as a first step for the warring sides to show their good intentions.

Yemen, considered the Arab world's poorest country, has been plagued by fighting between its internationally recognized government — backed by a Saudi-led coalition — and the rebels, who are allied with former President Ali Abdullah Saleh.

THE ASSOCIATED PRESS

FAILED TRIES

Previous attempts to implement a ceasefire in Yemen have failed to take hold on the ground, with each side accusing the other of immediately violating the terms. A first round of talks was held in Switzerland in December, but they never resumed.

THE ASSOCIATED PRESS

French police officers patrol at Trocadero Plaza in Paris on Saturday. KAMIL ZIHNIOGLU/THE ASSOCIATED PRESS

More plans, Paris bomb suspect says

NOV. 13 ATTACK FALLOUT

Tells captors new operation planned from Brussels site

Suspected Paris bombing plotter Salah Abdeslam has told investigators that he was planning new operations from Brussels and possibly had access to several weapons, Belgium's foreign minister said Sunday.

Minister Didier Reynders said Abdeslam had claimed that "he was ready to restart something from Brussels, and it's maybe the reality."

Reynders gave credence to the claim because "we found a lot of weapons, heavy weapons in the first investigations, and we have seen a new network of people around him in Brussels."

Abdeslam, captured Friday in a police raid in Brussels, was charged Saturday with "terrorist murder" by Belgian authorities. He is a top suspect in the Nov. 13 attacks in Paris that left 130 people dead.

Speaking to security experts at a German Marshall Fund conference in Brussels, Reynders said "we have found more than 30 people involved in the terrorist attacks in Paris, but we are sure that there are others."

He urged European intelligence, law enforcement, and border authorities to exchange more information to help track the suspects down.

Abdeslam's Belgian lawyer, meanwhile, threatened legal action Monday against a French prosecutor, accusing him of breaching the confidentiality of the investigation into the deadly rampage in Paris.

Sven Mary told Belgian public broadcaster RTBF that part of the news conference given on Saturday by Paris prosecutor Francois Molins "is a violation. It's a fault, and I cannot let it go unchallenged."

Molins said Abdeslam, 26, told Belgian officials he had "wanted to blow himself up at the Stade de France" as a suicide bomber, but that he backed out at the last minute.

France is seeking Abdeslam's extradition for trial there, but Mary said he would fight any attempt to hand over his client and that investigators have much to learn from the suspect, who was born in Belgium but has French and Moroccan nationality. THE ASSOCIATED PRESS

BORDER WATCH

Interpol wants vigilance

Interpol has called on European countries to be vigilant at their borders, saying Salah Abdeslam's accomplices may try to flee after his capture. The international police agency recommended closer checks at borders, especially for stolen passports. Many Nov. 13 attackers and accomplices travelled on falsified or stolen documents.

THE ASSOCIATED PRESS

Prince Harry tries wood carving heritage sites at Patan Durbar Square on the outskirts of Kathmandu, Nepal, on Sunday.
PRAKASH W/THE ASSOCIATED PRESS

Harry on a tour of Nepal

EARTHQUAKE AFTERMATH

Prince builds awareness of country's need

Britain's Prince Harry on Sunday visited with families living at a camp in Nepal for people made homeless by last April's devastating earthquake as he continued a trip that many hope will draw attention to Nepal's struggle to recover from the disaster.

Harry talked to families living in the camp at Bhaktapur, just east of the capital, Kathmandu, inquiring about the living conditions. He spent part of the second day of his visit to the Himalayan nation at palace and temple areas damaged in the quake.

About 60 families have been living in tents at the Bhaktapur camp for nearly a year and remain uncertain about when they'll receive government assistance to rebuild their houses.

It's one of the camps around Nepal where people have been forced to live since the earthquake that killed nearly 9,000 and destroyed a million homes.

Authorities have been slow to begin rebuilding. A government reconstruction agency was finally appointed in December, but has yet to provide aid money to displaced families and guidelines to build new houses and structures.

On Saturday, Harry met with Nepal's prime minister and attended a ceremony to mark 200 years of relations between Britain and Nepal. During his trip, the prince also plans to visit a forest conservation area and meet retired Gurkha soldiers. The prince served with a Gurkha battalion during a tour of duty in Afghanistan. THE ASSOCIATED PRESS

EUROPE

13 students killed in bus crash in Spain

A bus carrying university exchange students back from Spain's largest fireworks festival crashed Sunday on a highway in the northeast, killing at least 13 passengers and injuring 34 others, officials said.

The passengers included Spaniards and foreign nationals from around 20 countries, authorities said.

The bus, which was carrying 57 passengers, appeared to have hit a guardrail before cartwheeling across the road, slamming through a divider and landing on its side, said Jordi Jane, spokesman for Spain's northeastern Catalonia province.

The students, part of the Erasmus exchange program, had travelled to the eastern city of Valencia to take part in the renowned Fallas fireworks festival and were returning when the bus crashed, Jane said. Most were studying at two universities in Barcelona.

The crash took place near Freginals, halfway between Valencia and Barcelona.

The bus driver was being held at a police station in the city of Tortosa, Jane said. The driver passed alcohol and drug tests he was given.

The Fallas festival is held each year in Valencia on the feast day of St. Joseph and draws thousands of tourists from across the world.

Large wooden monuments and effigies representing famous people often in humorous postures. THE ASSOCIATED PRESS

World event

The students on the bus were part of the Erasmus exchange program, hailing from: Hungary, Germany, Sweden, Norway, Switzerland, Czech Republic, United Kingdom, Italy, Peru, Bulgaria, Poland, Ireland, Japan, Ukraine, Holland, Belgium, France, Palestine, Turkey, and Greece. Students from New Zealand and Finland may also have been on the bus at the time.

IN BRIEF

Mudslide buries eight teens in northern Pakistan
A mudslide in Susam, near the Afghan border, buried eight teens returning home after exams in northern Pakistan after days of heavy rain, officials said Sunday. More than a week of rains in Pakistan has caused 79 deaths and at least 100 injuries in mudslides and house collapses. THE ASSOCIATED PRESS

Death toll climbs from airstrikes in Syria
The toll from purported Russian airstrikes on the Islamic State of Syria and the Levant (ISIL)-held city of Raqqa in the past 24 hours has climbed to at least 55, mostly civilians, Syrian opposition activists and the Islamic State group said Sunday. The extremist group has controlled the city since 2013 and considers it the capital of its self-styled caliphate. THE ASSOCIATED PRESS

Exiled Tibetans vote for government China shuns
The prime minister of the Tibetan government-in-exile called Sunday for China to engage in dialogue on autonomy for his people's homeland, as tens of thousands of Tibetans around the world voted for new leaders of a government that Beijing does not recognize. THE ASSOCIATED PRESS

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LEGISLATION

MP's bill aimed at cat, dog fur coats

Jessica Smith Cross
Metro | Toronto

Is the coat you're wearing made from a cat? Before you scramble to check the tag, know this: No one has to tell you if it is.

Toronto MP Nathaniel Erskine-Smith is out to change that. He has tabled a private member's bill that would ban the importation of cat and dog fur and require labels that tell consumers what kind of fur is on their garments.

> **It's not an illegal market ... but it's not well-publicized.**
> Nathaniel Erskine-Smith

For years, animal rights activists have warned that dog and cat fur enters the Canadian fashion market from China and is sold to unknowing customers.

"There are no statistics, as far as I can tell, because it really is an underground market," Erskine-Smith said. "It's not an illegal market, for the moment, but it's not well-publicized."

Most countries, including the U.S., instituted bans on cat and dog fur years ago. Canada, on the other hand, hasn't taken action despite previous legislation introduced by members of both the Liberal and NDP caucuses.

More than half — 60 per cent — of all fur garments that enter Canada come from China, a trade that's worth about $12 million a year, according to Industry Canada. The use of dogs and cats in China's fur trade has been well documented by journalists and activists.

In Canada, dog fur-lined jackets have turned up in police investigations of counterfeit goods. In Toronto alone, police seized a number of knock-off parkas with German Shepard-lined hoods in 2012 as part of a massive counterfeit crackdown.

Erskine-Smith's legislation isn't likely to change the use of dog fur in counterfeit goods, as they're already illegal. However, it would have an impact on the legal garment market.

The legislation would make it illegal to "recklessly" cause harm to an animal through, for example, negligence. Today, it's only illegal to harm an animal on purpose.

Biometrics easing into private sector

TECHNOLOGY

But consumer reluctance still hindering wide adoption

Biometrics are quickly becoming a feasible alternative to cards, bar codes, PINs and passwords. AFP/GETTY IMAGES

Biometrics — measuring unique physical characteristics to verify identity — was once a form of cutting-edge technology found only in science-fiction and spy movies.

But the authentication techniques are now not only being integrated into our most-used devices, but are quickly becoming a feasible — and in some cases convenient — alternative to plastic cards, bar codes, PIN numbers and passwords.

Many private companies in sectors from banking to health care are embracing the technology as a personalized means of reaching potential customers, as well as a way to offer safer, more secure interactions.

Retailers are interested in facial recognition software as they look for ways to target consumers when they walk into stores with products aimed specifically at them.

Companies would love to be able to use the technology to reduce shoppers to a unique consumer profile, but they can't move faster than people are comfortable with, said Andy Adler, a professor of systems and computer engineering at Carleton University.

Although the technology has made strides, widespread adoption is still hindered both by consumer reluctance and unreliability. Even if biometrics is more secure than a chip or PIN, using it is still in many cases an inconvenience. To employ biometrics, retailers would have to purchase terminals and consumers would have to deal with the glitches and delays that come with cutting-edge technology.

Fingerprints, faces and iris scanning are still the most-developed forms of biometric identification, but even those systems have limitations and can be fooled. Fingerprinting is probably the most widely known type of biometric ID, but it is also one of the most easily copied or "spoofed."

Meanwhile, Adler believes voice recognition, gait measuring or ear-shape analysis are still too new to be trusted on their own.

"They're exciting, but we're not going to see uptake until they start working well," Adler said.

"Things haven't changed as much as one might guess."

Wariness on the part of consumers about giving up identifying data to big corporations is one of the main hindrances to wider spread adoption, said Karl Martin, founder and chief technology officer at Nymi.

TORSTAR NEWS SERVICE

> We're not going to see uptake until they start working well.
> Andy Adler

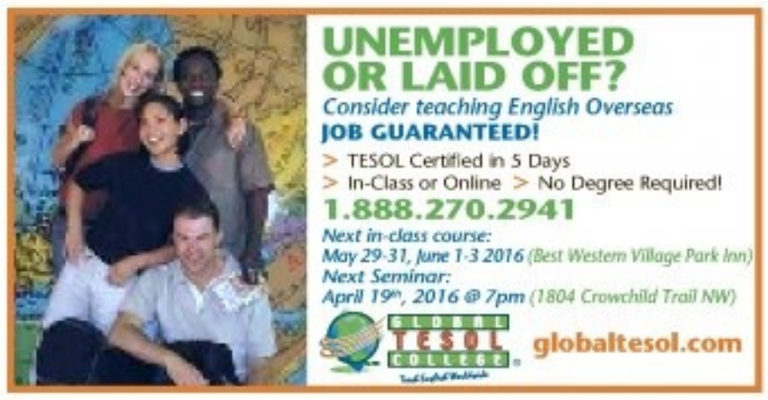
WHO'S USING IT

Apple's Touch ID, which uses a fingerprint to unlock a user's iPhone, may be the best-known biometric system, but other companies are also dabbling in the space.

Ford is exploring a biometrics system that could let users open and start their car with their fingerprints, pulse or voice, rendering keys unnecessary.

Insurer **Manulife** recently launched a voice recognition system. Instead of a password, callers say "At Manulife, my voice is my password" and software determines if that matches the voice associated with an account.

MasterCard will launch "selfie pay" in Canada later this year, using facial recognition instead of a passcode or signature to make payments in stores. MasterCard is also testing heartbeat identification software from Toronto-based Nymi, which uses a wristband embedded with an electrocardiogram sensor.



NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Andretti Omeasoo-Green

Take notice that on the **1st day of April 2016** at **2:00 p.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **March 20, 2013**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

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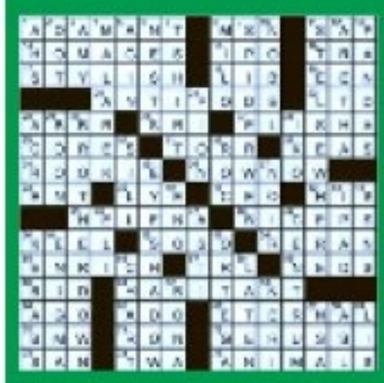
from your daily crossword and Sudoku



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metro VIEWS
Your essential daily news
Monday, March 21, 2016

THAT SMARTS
New research suggests unlike others, extremely intelligent people are happier if they spend less time with their friends.

metroview

ROSEMARY WESTWOOD ON NANCY JO SALES'S AMERICAN GIRLS

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends,

But I never got this messages: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, American Girls: Social Media and the Secret Lives of Teenagers should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. STURTI/ISTOCK

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "slut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A 19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the weekend to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.

Harm reduction works. Let's put it to work in Calgary

KLASZUS' CALGARY
Jeremy Klaszus

Do Alberta cities need supervised injection sites similar to InSite in Vancouver — places where drug users can inject in clean, safer environments?

Calgary Liberal MLA David Swann doesn't hesitate for a second when asked.

"Absolutely," says Swann, who worked as a physician before being elected, and recently co-chaired a committee reviewing Alberta's addiction and mental health system.

"It's not treatment, it's not healing. It's not all that we want, but it's going to reduce the harm done to individuals and their contacts."

The debate over harm reduction will likely be returning to Calgary soon, as other cities are moving in this direction. Last week, Toronto's medical health officer called for supervised injection sites, citing myriad studies showing they reduce overdoses. Similar discussions are happening in Victoria, Montreal and Ottawa.

The Trudeau government reiterated last week that it wants to see more supervised injection sites across Canada.

It's a 180 from the approach of the Harper government. The Conservatives stubbornly opposed (and still oppose) supervised injection, despite the mountain of evidence showing its effectiveness.

"The scientific basis is just so strong that it can't be ignored," says Andrea Carter, team leader of prevention and engagement for HIV Community Link in Calgary. "Ultimately, harm reduction saves lives."

For that reason alone, it's worth pursuing. Supervised injection sites also put drug users into contact with health professionals — relationships that can lead to treatment.

Alberta Health Services used to distribute clean crack pipes through its Safeworks program in the city, as a way of preventing the oral spread of HIV and Hepatitis C.

But in 2011, after the program was scrutinized in the media and criticized by police, the province put the kibosh on it. The provincial Conservatives, like the feds, eyed certain harm reduction practices warily. But with the NDP in power, the landscape has shifted significantly, sparking optimism among those who work with vulnerable populations.

While supervised sites are being considered for Edmonton, Carter says agencies here haven't discussed it much.

Calgary has lower rates of HIV attributed to injection drug use than other parts of the province, particularly northern Alberta, she says.

But with high rates of fentanyl and crack cocaine use in Calgary, Carter suggests the city might benefit more from "safer consumption sites"— supervised places where people could consume drugs orally, for example.

"It might be about looking a little bit more broadly beyond just injection-drug use," says Carter.

As the discussion continues, I hope Calgary can move beyond the knee-jerk moralizing that has hampered progress on harm reduction in the past.

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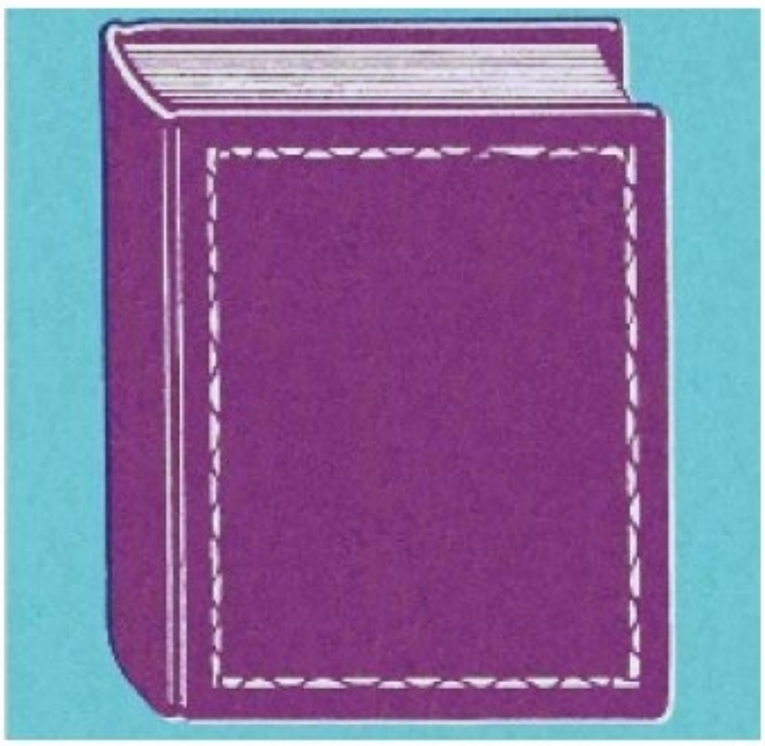
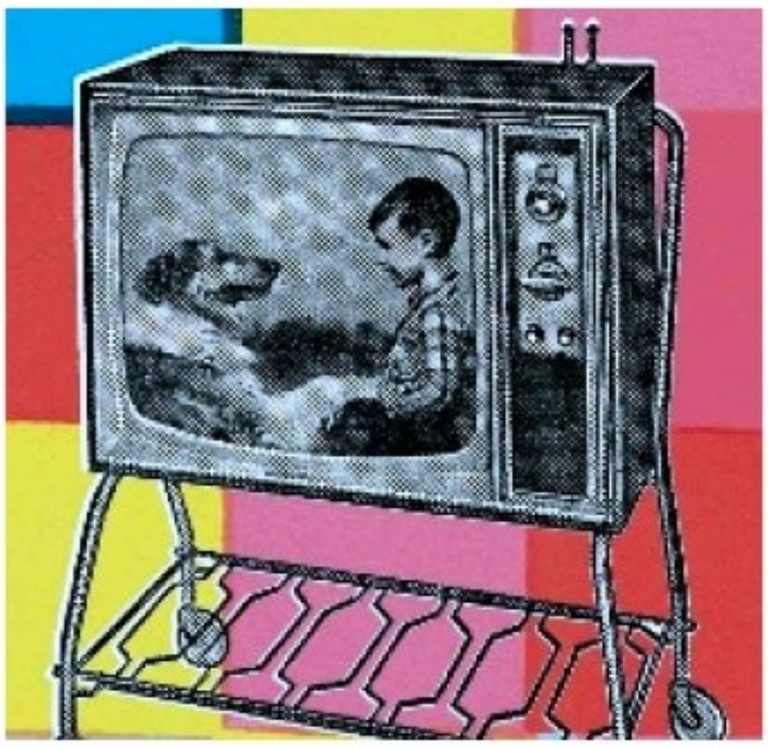
"Crunch Effect": You eat more if you can't hear yourself chew, U.S. study claims





Arts groups eye budget boost

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada

The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards the arts. This includes renewed funding for the CBC, the Canadian Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally-funded body that invests in and promotes Canadian artists. Last year, it distributed more than $155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (The Sisters Brothers), Guy Vanderhaeghe (Daddy Lenin and Other Stories) and Linda Spalding (The Purchase).

The Liberals promised to invest $150 million in annual funding at the CBC, which saw its budgets slashed by $115 million under the Conservative government. Brault expects $75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to $360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to $25 million across both organizations. The government also promised to restore $25 million in funding to bodies that facilitate arts exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director of public policy research and communication at ACTRA, the union body representing actors.

It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "(Former Prime Minister Stephen) Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a comprehensive plan, should the increased funding come through in tomorrow's budget. Beyond creating more grant opportunities for artists, writers and musicians, Brault says the plan is to focus on helping the arts community better adopt digital platforms — an area he says Canada has fallen behind on. Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for those involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage. For example, in 2014 the Conservatives denied a $6.5 million request that would have sent Canada to be guest of honour at the Frankfurt Book Fair, considered one of the most important international events on the literary scene. Canada has again been asked, this time for the 2020 fair, with a funding request of $4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on government's rhetoric, she's confident they will accept the invite.

"There's an appetite (at the federal level) to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play," Brault says. "We feel invited — not as beggars, but as contributors," he says.

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Don't let your debt fight drag you down

There are lots of highs and lows when tackling debt repayment. The key is to not let your lows ruin your resolve to stay on track. ISTOCK

PSYCHOLOGY

Stay in control of emotions to keep working towards goal

Gail Vaz-Oxlade
For Metro Canada

How many times have you promised yourself that you're going to get to debt-free forever only to find that after the initial burst of enthusiasm your momentum evaporates?

It's not unusual to feel less motivated once the initial adrenaline rush of making the decision and taking the early steps have had time to get a little old.

There is, after all, a natural rhythm to our emotions — peaks and valleys.

When we start something new, there's the thrill of mental and physical activity. We make the plans, draw up the debt repayment plan, create a chart to show how we're doing.

By week 16, we're pretty sick of not having any money to buy coffee, packing our lunch for work, and having to tell our partner, our children, our friends, that we're broke and can't spend any money.

While the initial burst of energy is what you need to get you going, the inevitable slump that follows can be enough to stop you in your tracks, if you let it.

But if you know it's going to come, and you develop a strategy for dealing with it, you're much more likely to slog through and get back on track to your big goal.

Being prepared for the letdown is key.

Instead of giving into the negativity, step back and take a good look at why you're feeling frustrated, angry or sad. Are you disappointed by your results? Are your feelings even justified? Or are they simply part of the natural emotional rhythm?

When you did your debt repayment plan, you decided how long it was going to take to get out of the hole. If you went with 36 months, you have to be prepared for several slumps along the way.

> **If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation**
> Gail Vaz-Oxlade

If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation.

But knowing that a slump is going to come means you can be ready with a tactic for dealing with that slump.

Haul yourself out of the emotional dumper and turn those negative thoughts to positive ones.

Remind yourself that you're on a realistic path so it will take time. Count your successes — no matter how small — and give yourself a hug. Remind yourself of what you're trying to accomplish and what your life will be like when you reach your goal.

Dealing with the emotional lows is part of the process when you're trying to achieve something big. Give into your emotions and you'll kick yourself later. Emotions are thoughts. Thoughts are in your mind. Your mind is yours to control. Change your thoughts and you'll change your emotions.

You're bigger than any barrier your mind can create for you. And you know you're on the right path.

Focus on what you've accomplished, on what you will accomplish, and take another step forward. Momentum will turn back in your favour. At least for a while.

Then you can rebuild your strength to deal with the next emotional hurdle. It'll come. But you can get over it. Yes you can.

For more money advice, visit Gail's website at gailvazoxlade.com

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Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

LESLEY-ANNE SCORGIE
metromoney

Turning Bey into big bucks

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a $322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of $900 and only paid $550. We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket. Being a young woman of her word, Annick posted a compelling Kijiji ad.

Here's the thing though, when I clicked on the ad link, staring right back at me was a $500 price tag for Annick's kick-ass Beyoncé floor seat. *(Ed's note: Reselling tickets at more than face value is legal in Alberta, and has been since the province scrapped the Amusements Act in 2009)*

Hello Miss Resourceful! Annick will make $175 off this transaction (after postage). I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she applied this same principle in other areas of her life…

There are three approaches Annick can take.

1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.

2). Balance. She sells her ticket and applies $350 to her debt and uses the remaining $150 to purchase a less expensive ticket.

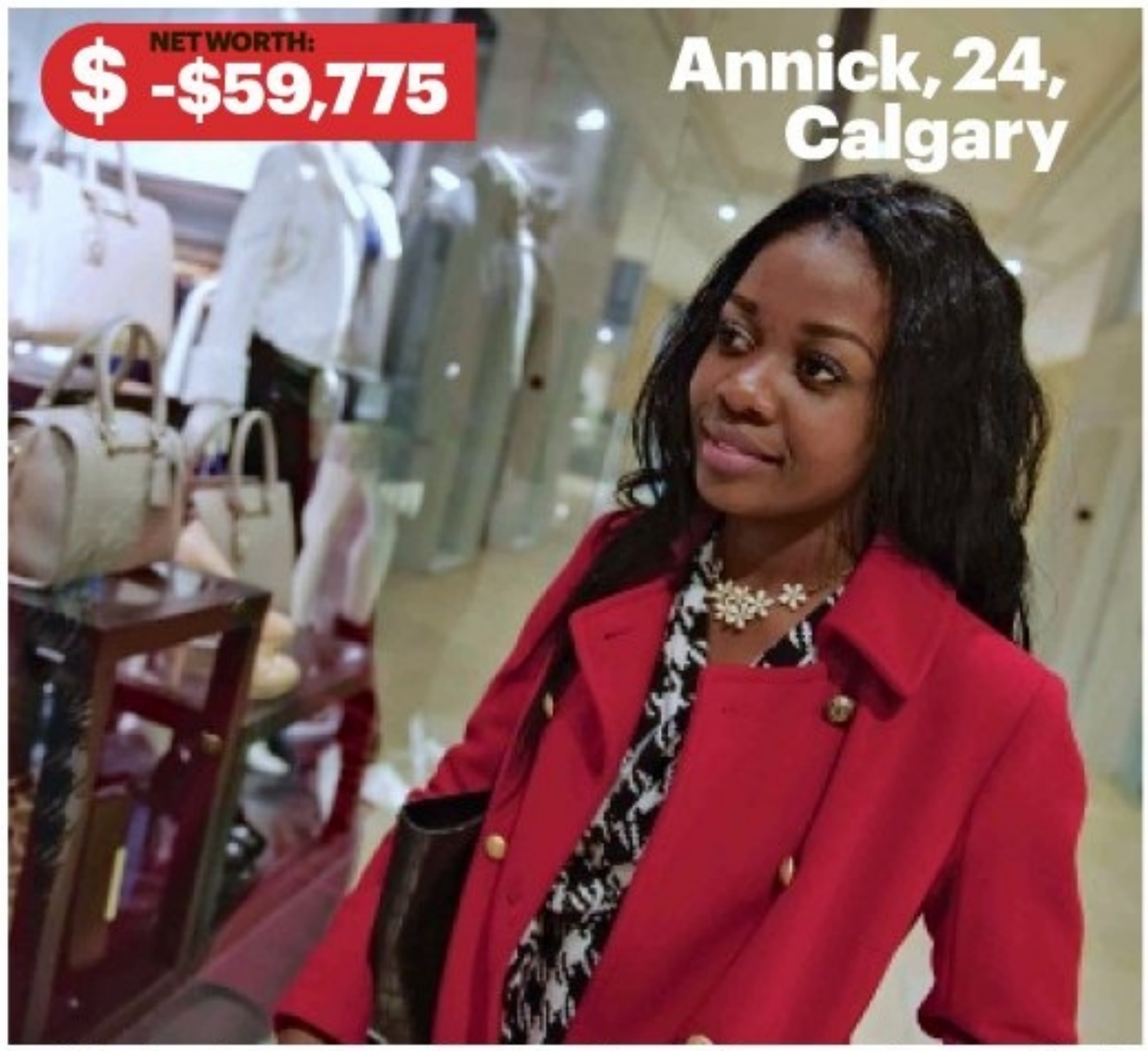
3). Off-the-hook. I give her a 15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable to her financial goals.

THE LESSON

Have you ever over-promised? Of course you have!

Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving



Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

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BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by $2,675. Can she meet her target of consumer-debt freedom by July?

Assets	Dec. 2015	Mar. 2016
RRSP	$350	$850
Total Assets	**$350**	**$850**
Liabilities		
Student Loan	$58,800	$58,350
VISA	$1,500	$1,200
MasterCard	$650	$475
Other Loans	$1,600	$350
Taxes	$250	$250
Total Liabilities	**$62,800**	**$60,625**
Net Worth	**($62,450)**	**($59,775)**

a raise or foregoing that extra RRSP contribution. It feels rotten to fail.

But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a financial penalty for over-promising.

But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money. Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.

If you treat a financial failure as a lesson and don't repeat it, you'll move on to achieve your next financial goal

FINANCES

Introducing your kids to a bank account

A lot of kids have a pretty good understanding of what money can do for them. They may get funds in the forms of a weekly allowance, the tooth fairy, the occasional gift from grandma — and they tend to spend it pretty quickly on toys and candy. What they aren't great at understanding is the power of saving; while they may have piggy banks, they raid them regularly.

That's where a bank account comes in. Teaching your kids to save money at a bank is an important money lesson. It helps them understand that when you use a debit or credit card, you're not taking money out of thin air. And it allows them to put their money far enough out of reach that they can't spend it easily.

The trouble is, a lot of bank accounts aren't user-friendly for people who might only be starting with $10 or $20. For one thing, there are bank charges, which can eat into your kids' savings (try explaining a $1.50 bank charge when your kid only has $20 in the bank!).

Remember that your own bank might not be the best option. If you're looking for a bank account for your kids, make sure you shop around, and consider the following:

A great way to teach your kids that your debit card isn't 'magic' is to get them their own bank account. ISTOCK

Go for a no-fee option: Kids don't exactly have fat balances — ideally, you want an account with no minimum balance, no monthly fees, and few if any transaction charges. A quick check for kid-friendly bank accounts on Ratesupermarket shows a few low-fee savings accounts for kids.

The HSBC Premier Youth Savings Account has no minimum balance, no monthly fee and unlimited transactions.

The CIBC Premium Growth for Youth, the TD Youth Account, and the Scotiabank Getting There Youth Account only charge for ATM withdrawals from other banks. Tangerine and PC Financial also have regular savings accounts with no fees, no minimum balance and no monthly fees — they're both worth exploring.

Look at the interest rate: With rates at all time lows, finding a bank account that will teach your kids the magic of compound interest is next to impossible. But some banks offer a bit more — Tangerine and PC Financial both offer a 0.80 per cent interest rate on savings accounts.

HSBC's kid-focused Premier Youth Savings account offers 0.75 per cent — again, not too bad compared to many others.

Set up an appointment: Take your kid into the branch and show them what goes into opening a savings account. It will help them see how important it is to have an account, and that there are people at the bank who can explain how things work. You'll also avoid waiting in a long lineup (and the inevitable complaints of "I'm bored!").

Show them their statements: Show your kid how to read a bank statement, whether you get it online or on paper. That way, they'll get used to checking their balance — and they might even get excited about adding money every month and watch it grow.

But there aren't any banks with kid-friendly resources and account statements.

This is clearly one area where the banks could do more: while many support financial literacy to different degrees, it's hard finding a bank with kid-focused tools or even in-branch services to help them understand how their savings account works, the power of interest over time, and what saving can do for them.

TORSTAR NEWS SERVICE

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Get your dream wedding on the cheap

KEEP COSTS DOWN

Say yes to the best tips for a big day that you can afford

You fell in love, dated, and decided to get married. Congratulations! Now comes the fun of planning the wedding, as well as all the potential stressors and exorbitant costs that can accompany the magical day.

But couples on a budget, take heart — the most romantic day of your life doesn't also have to be the most expensive. Mary Bratko is the founder of the popular wedding blog WeddingGirl.ca, and has planned more than 200 ceremonies, ranging from $3,000 to $31 million. Here are some of her top tips on how to plan the wedding of your dreams for cheap.

• **Lower the guest count:** The lower the guest count, the lower the cost of your wedding.

"We have this outdated idea that you have to have hundreds of people at your wedding, but that's not the case anymore at all," Bratko says. "You can give a smaller guest count an incredible wedding experience — on a budget."

People often don't realize it's not just food and drinks factoring into the per-guest cost, but also the number of place settings, chairs to rent, centrepieces to design and so forth. Cutting down the guest list dramatically slashes all of these expenses.

• **Prioritize, prioritize, prioritize:** Do you want an amazing band or the dress of your dreams? Does the venue matter the most, or is it the cuisine? One of the secrets to making sure you have the wedding of your dreams within your budget is to prioritize your vendors, Bratko says.

"It really comes down to asking the couple to think of their three most important vendors, then resolving that with the wedding budget they want to stick within," she says. "You have to plan a wedding that you can afford, not a wedding that somebody else can afford."

• **Be time-sensitive:** Trends, ideas, guest counts, designs — and relationships — all change over time, making it best to start planning your wedding when it's less than a year away. Bratko says one of the best ways to be time savvy is to have a short engagement.

"So many things will change. You're going to change your mind on everything you start spending money on," she says, noting she's seen couples lose deposits and waste money when they begin planning years in advance.

• **Buy previously loved items:** Don't let the stigma of second-hand items stop you from saving money. "Let go of the stigma of 'Oh, it's previously worn'. Nobody cares," Bratko says, noting that previously loved décor and dresses are becoming "shockingly popular."

For example, $5,000 wedding dresses can sell for $1,200 in consignment shops, saving you tons of money for a dress that's been worn just once, if at all.

And think about selling your wedding items such as centrepieces after the ceremony, Bratko suggests, because "after you get married and you have 450 cylinder vases, what are you going to do with them?"

• **Don't over-research:** Weddings are one of the few times knowing too much may actually cost you money, Bratko says. There's a seemingly endless supply of wedding ideas and information available online, but couples should research only what's within their budget.

"Once you make a decision, stop researching. Once you find a dress, stop dress shopping," Bratko says. "Over-researching will not only make you feel bad about the decisions you've already made, but it eats into your budget because you end up spending more."

And avoid the urge to compare your wedding to others you see on social media and focus on making it special for you and your partner.

"The financial stresses that come from going into debt for your wedding is really bad for your marriage," she says. "Weddings should be about couples doing it for the right reason, and not for the show."

TORSTAR NEWS SERVICE

Prioritizing wedding costs can save you a bundle. ISTOCK

$ WHY NOT GET MARRIED ABROAD?

It may seem counterintuitive, but destination weddings can save couples big bucks, and also make for an amazing experience. "It's actually ridiculously cheap to have a wedding on a safari in India, or to get married on an island in Thailand," Bratko explains. "People don't realize this is actually a really affordable option." It's expensive to get to those countries, she says, but once you're there, the food, décor, flowers, and ceremony itself can be so cheap that you offset the cost of your flights. Plus, guest lists are usually smaller with destination weddings, making it both more intimate and more affordable.

Destination weddings can be an affordable option. ISTOCK

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SUPERHERO CROSSOVER EDITIONS

Batman v Superman's March 25 slamfest is on track to top The Hunger Games as the biggest March opening ever. And while the film isn't expected to trounce reigning record-holding superhero film The Avengers in a pow!-bam!-wham!-style street fight, here's how we see them stacking up against their other superpowered peers **TORSTAR NEWS SERVICE**

Superman vs. Batman

In this corner: Batman, disgruntled protector of grand and murdersome Gotham. His opponent: Superman, emblem of Midwestern values and terrible secret identity disguises.

Batman vs. Iron Man

Wealthy entrepreneur playboy against wealthy entrepreneur playboy. Bet on the guy who built a car in his root cellar.

Jessica Jones vs. Wonder Woman

Anti-superhero Jessica Jones could summon her super-strength to beat Wonder Woman ... she just doesn't feel like it.

Deadpool vs. Wolverine

Wolverine and Deadpool both heal in an instant, but Wolverine's claws give him an advantage in the field (and on the mani-cam).

Spider-Man vs. Superman

Spider-Man does whatever a spider can, and what's so great about that? While Spider-Man's slinging webs, Superman can chuck cars at him.

Batman vs. Wonder Woman

You are showing up to battle with a rope, Wonder Woman? This isn't the Clue manor! Batman must have scissors in his utility belt somewhere.

JOHANNA SCHNELLER WHAT I'M WATCHING

Happy Valley anything but for working women

THE SHOW: Happy Valley, Season 2, Episode 1 (Netflix)
THE MOMENT: The Dog Food

Sarah Lancashire as Catherine in Happy Valley. CONTRIBUTED

Catherine, a Yorkshire police sergeant (the divine Sarah Lancashire) and her protégé Ann (Charlie Murphy) discuss Ann's first days as a policewoman.

"One flat we went in, dog food was right on the floor," Ann says. "No bowl."

"Yeah, and they're the responsible ones," Catherine replies. "They actually feed their pets." She faces Ann square on. "Ninety-nine-point-nine per cent of the time, that's the sort of people you'll be dealing with. People who live in houses where you have to wipe your feet when you leave. Better get used to it."

This show's creator, Sally Wainwright (who did the equally terrific Scott & Bailey and Last Tango in Halifax) excels at many things: verisimilitude about cops, authentic settings, characters that grow more interesting over time. But I'm most grateful that she creates women who are good at their jobs, and puts them in situations where they show it.

As Catherine says above, she routinely deals with the worst the human race throws up. Her own life has its share of crap, too: a dead daughter she's still mourning; an alcoholic sister; a murder investigation in which she's (unfairly) implicated. Yet at work, she's always on it — smart, compassionate, tough, fair.

Later in this episode, Catherine briefly breaks down. "What do I have to do?" she asks her sister. She does everything right, and it's still not enough. After a minute, she answers her own question: She wipes her face and moves on to the next thing. Working women everywhere will relate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Nora Ephron lives on in biopic

ALL IN THE FAMILY

Jacob Bernstein makes a film about his mom

Shinan Govani
Torstar News Service

American screenwriter and novelist Nora Ephron. CONTRIBUTED

Catching the new, lucent documentary on Nora Ephron, I was seized by a thought: what would have Nora, one of the quintessentials of New York City, made of the dramatic rise of Donald Trump, one of the cartoons of New York City?

Standard-bearers for a city famous for its insomnia, and ensconced in paths-crossing salons, surely she would have had some howls?

Alas, alas: here, now, a voice extinguished too soon, Ephron, who died four years ago — and was described at the time by the New York Times as a writer in the Dorothy Parker mould, "only smarter and funnier" — may have pulled a fast one on the zeitgeist, but she lives on, alright, in a very personal film made by son, Jacob Bernstein, and called Everything Is Copy (premiering on HBO, Monday.)

"I always wanted her to like me," remarks Steven Spielberg (one of the many who comprise Ephron's one-or-two-degrees-of-separation) in the doc. It's a line echoed by consummate TV host, Charlie Rose, who muses, "You wanted her to like you."

"It's very powerful to be both loved and feared," is how Bernstein puts it today, reiterating a point that he makes in the movie that his mother was both "kind...and really generous...but also stern and unfailingly honest," leading to a combination "that made people seek out her approval."

Discussing his maiden film, after a screening at the Palm Springs Film Festival, the 37-year-old — sporting a beard worthy of a Russian tsar and speaking in dulcet tones — explains, "We don't have to overly-deify her for it to be a celebration of her."

A fully emulsified mixture of the wry and the beguiling, Ephron gets the fullest airing in Everything Is Copy (something of a family motto). There are the tracks she left in any number of mediums, including her first-person delights (Wallflower at the Orgy, I Feel Bad About My Neck), her plays (say, Love, Loss, and What I Wore, written with her sister, Delia), and, of course, her medley of films (everything from Julia & Julia to Sleepless in Seattle to When Harry Met Sally, the latter which not only gave us film's most famous fake-orgasm scene, but has transcended rom-com-dom to serve as masterly study, right up there with Annie Hall and The Apartment). There is ample acknowledgement of her role as one of the greatest of dinner party-givers ("She had the most interesting collection of people," pipes in Barbara Walters), and her elbows-out days in the era of so-called New Journalism in the 1970s, during which she made hay with the likes of Tom Wolfe and Gay Talese.

To paint the picture, Bernstein patches together old footage of Ephron (doing the talk-show circuit, for instance), readings of her work (via Reese Witherspoon Lena Dunham, etc), and a bounty of fresh interviews, ranging from Meryl Streep (who gave an impassioned eulogy at Ephron's memorial) to Barry Diller (an old classmate of Ephron's from their time at Beverly Hills High School).

"We got Mike Nichols right under the wire," Bernstein says now, referring to Nichols' own death soon after. He's grateful that he did, since the iconic director was not only a long-time hero of his mother, but also the man who did the film adaptation of Ephron's seminal divorce roman-a-clef, Heartburn.

Indeed, Heartburn factors in big in the movie, for one of the most intriguing moments of the film is when the filmmaker sits on a sofa with his father, Carl Bernstein, to have an all-too-real exchange. Dad, who became famous as one of the reporter boy-wonders during Watergate, and then later somewhat notorious when he was found cheating on mom with the wife of the ex-British Ambassador — in what was Topic A in Washington D.C. at the time — acknowledges to his son that he worried that the divorce that wrought a book and then a movie (starring a young Streep, and Jack Nicholson) would affect what Jacob would think of him. Pausing for a minute, the young Bernstein tells his dad, "And for a while it did."

Grappling with both parents: a subtext that informs much of Everything Is Copy. "When you are with your parent all the time, you don't see how they change..." Bernstein trails off, reflecting on how often he was told that Ephron (who famously hid her illness from almost everybody) grew "softer" in latter years.

Asked what she would have made of the film, he wagers. "A part of me thinks she'd be really proud of it...but other times, I think, she'd be saying, 'You know...it's almost good."

Nora Ephron's son, Jacob Bernstein. CONTRIBUTED

metro SPORTS

World No. 1 Novak Djokovic rolled past Canada's Milos Raonic, 6-2, 6-0, to win the BNP Paribas Open for a record fifth time

Backstrom in business

NHL

Goalie gets first Flames win against Habs in Montreal

It had been 14 months since Niklas Backstrom started a game in goal but if there was any rust, it didn't show on the recently acquired Calgary Flame.

The 38-year-old Backstrom stopped 21 of 22 shots as the Flames downed the injury-riddled Montreal Canadiens 4-1 on Sunday night.

It was his first appearance in goal since Jan. 13, 2015 with the Minnesota Wild.

"It was fun," said Backstrom, who was acquired Feb. 29 by the Flames. "The guys in front of me played a great game to help me out a lot.

"It's a long time since my last game so for sure there are some things I need to improve, but we got the win and that's what we wanted."

Sean Monahan had two goals and a helper while Dougie Hamilton had three assists for the Flames (31-35-6), who have points in four straight games heading into a meeting with the Maple Leafs in Toronto on Monday night.

The Flames end a three-game road trip Thursday night in Minnesota, where Backstrom is slated to start against his former team. He called that "special."

One of his hardest shots came early in the second period when teammate Mark Giordano accidentally put a backhander at his own net, but he made the save look easy.

The two joked about it after the game.

"He just told me he wanted to have a shot on net," said Backstrom. "I actually saw the puck was rolling. It was a tough play for him."

"I asked if they count that as a shot against, to get his stats up," said Giordano. "It was a funny moment.

"It wouldn't be so funny if he wasn't ready and it went in the net though."

Joe Colborne and Johnny Gaudreau also scored for the Flames, who outshot Montreal 35-22.

Michael McCarron scored his first NHL goal for Montreal (33-34-6), which has lost four of its last five. It came in McCarron's 14th NHL game.

The Canadiens trailed 4-0 when the six-foot-six centre planted himself in front of Backstrom and deflected a Nathan Beaulieu point shot at 12:57 of the third frame.

THE CANADIAN PRESS

T.J. Brodie of the Calgary Flames keeps his eye on the puck near the Canadiens' Alexei Emelin on Sunday night in Montreal.
MINAS PANAGIOTAKIS/GETTY IMAGES

SUNDAY In Montreal

4	1
FLAMES	CANADIENS

NATIONAL CHAMPIONSHIP

Ravens put kibosh on Dinos' run

Connor Wood scored 22 points as the Carleton Ravens defeated the Calgary Dinos 101-79 on Sunday in the title game at the CIS Final 8 for their sixth straight Canadian university men's basketball title.

The fourth-year guard from Guelph, Ont., who was named tournament MVP, nailed five of Carleton's 16 three-pointers, while fifth-year guard Gavin Resch of Ottawa added all 18 of his points from beyond the arc.

The powerhouse Ravens, who entered the tournament hosted in Vancouver as the No. 2 seed.

Calgary, meanwhile, was making its first appearance in a national final since the school's only other trip in 1966, a year that saw the Dinos lose out to Windsor in the gold-medal game.

Despite the loss, Calgary (17-4) made great strides this season after finishing fifth in Canada West in 2014-15 with a 12-8 mark. THE CANADIAN PRESS

The Dinos' Thomas Cooper
DARRYL DYCK/THE CANADIAN PRESS

NHL

Pens win streak goes to 6 vs. Caps

Rookie Tom Kuhnhackl had a goal and two assists on his way to a career-best three points and the Pittsburgh Penguins denied the Washington Capitals a chance to lock up the Metropolitan Division with a dominant 6-2 win on Sunday night.

Matt Cullen, Trevor Daley, Justin Schultz, Chris Kunitz and Bryan Rust also scored for Pittsburgh. Sidney Crosby picked up two assists to push his scoring streak to 12 games.

THE ASSOCIATED PRESS

Sidney Crosby pushes past the Capitals' Karl Alzner on Sunday in Pittsburgh.
GENE J. PUSKAR/THE ASSOCIATED PRESS

MARCH MADNESS

Notre Dame nips Austin
Rex Pflueger tapped in a miss with 1.5 seconds left and Notre Dame survived a valiant effort by No. 14 seed Stephen F. Austin 76-75 on Sunday to reach the Sweet 16 of the NCAA Tournament for the second consecutive season.

With 17.5 seconds left, sixth-seed Notre Dame grabbed an SFA rebound down one and put it in the hands of Demetrius Jackson. The point guard drove to the basket and missed. Zach Auguste followed for the Irish (23-11) but could not convert. The ball slipped off the rim and with one hand Pflueger flipped it in for his only basket of the game.

THE ASSOCIATED PRESS

Villanova routs Iowa
Josh Hart scored 19 points and second-seeded Villanova advanced to the Sweet 16 for the first time since 2009 with an 87-68 rout of seventh-seeded Iowa on Sunday in the South Regional.

THE ASSOCIATED PRESS

NBA

DeRozan sinks 25 as Raptors top Magic

DeMar DeRozan poured in 25 points to lift Toronto to a 105-100 victory over the Orlando Magic on Sunday, the Raptors' seventh consecutive victory at the Air Canada Centre.

Luis Scola added 20 points, while Kyle Lowry added 18 points. Bismack Biyombo grabbed a game-high 11 rebounds to go with 12 points and six blocks, and Terrence Ross chipped in with 13 for Toronto (48-21).

Victor Oladipo led the Magic (29-40) with 21 points. Andrew Nicholson of Mississauga, Ont. added 15 and nine rebounds.

The Raptors, who began the night a game-and-a-half behind Cleveland for first in the Eastern Conference, were eager to finish out this home-heavy stretch with a victory.

They've had tremendous success at the ACC, going 16-2 at home in the 18 games prior to Sunday. They now hit the road where they'll play all but five of their remaining regular-season games. THE CANADIAN PRESS

Team Canada enjoys moment

WOMEN'S CURLING

Experience, enthusiasm all part of package at worlds

Lead Laine Peters, left, second Jocelyn Peterman and third Amy Nixon share a laugh Sunday during the third draw against Switzerland at the women's worlds. JONATHAN HAYWARD/THE CANADIAN PRESS

Every member of Canada's rink at the women's curling world championship brings something to the ice in Swift Current, Sask.

For Jocelyn Peterman, it's enthusiasm.

Skip Chelsea Carey led her Calgary-based rink past Switzerland's Binia Feltscher 7-4 on Sunday morning in Draw 3 of the women's curling world championship. The 22-year-old Peterman, who throws second, was all smiles after the close win.

Carey, Peterman, third Amy Nixon and lead Laine Peters only started playing together as a unit this season. Her teammates are veterans of national and international championships — both Nixon and Peters have won medals at world championships — so the youthful Peterson helps remind them of how much fun major events can be.

"I think they get a little used to (big competitions), so they're excited about how excited I am to be here and me taking it all in," said Peterson outside the locker-room at the Credit Union i-Plex in Swift Current, Sask. "I'm just teaching them to enjoy everything."

Although Peterman skipped Canada's team at the 2012 junior world championships, she's still learning from the rest of her rink.

"My teammates are so experienced I feel like that they're pulling me along, showing me what needs to be done," said Peterman.

Sunday morning's victory was Canada's (2-0) second close win of the tournament after an 8-7 win over Denmark in extra ends in Draw 1. Canada was on the ice again on Sunday night as Carey took on Erika Brown of the United States (0-2) in Draw 5.

Those close matches have been good experiences according to Carey, who said from the outset that her rink's goal was to learn about the other teams and the arena's ice game by game.

> **"I've just been taking it all in. it's a pretty amazing opportunity.**
> Jocelyn Peterman

"We're just getting used to the ice and stuff," said Peterman, echoing her skip. "It's our first time playing on the international stage with all four of us, just getting used to that."

Feltscher, who started the game with the hammer, took a 1-0 lead in the first end with a simple hit and roll.

A series of runbacks by both rinks led to a scoreless second and third, but Canada took a 2-1 lead after the fourth as Carey picked up a deuce. The fifth was also scoreless after another blank, with Switzerland tying it 2-2 in the sixth with a simple takeout.

Feltscher stole two in the seventh when Carey's final stone came well short of its target, giving the Swiss a 4-2 lead.

"I just said, 'If we had to throw that again what would we do differently?' and nobody was really sure because everything seemed like it would be OK," said Carey. "So let's assume that it picked and not worry about it too much because it was weird reaction."

Canada kept it close in the eighth, hitting a single to cut into Switzerland's lead.

Feltscher missed tapping her own rock on to the button in the ninth end, giving Canada three points and a 6-4 lead.

Canada called a timeout to consult with coach Charley Thomas before Carey's last throw of the 10th end. The meeting worked; Switzerland couldn't move Canada's well-placed shot. THE CANADIAN PRESS

Go to metronews.ca for coverage of Sunday's evening draw.

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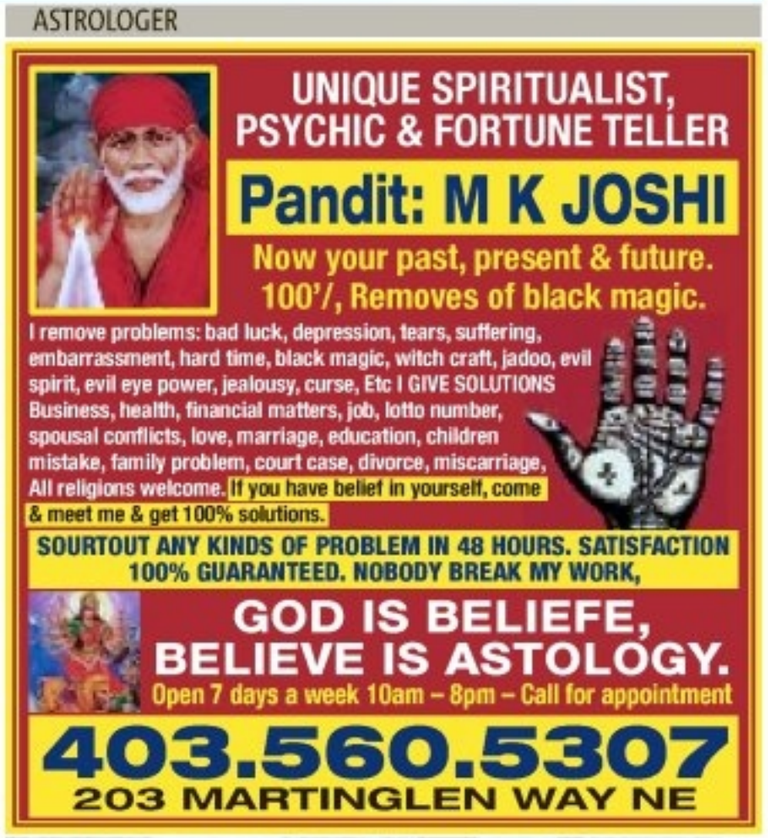

TAX CREDITS

SPIRITUALIST

RECIPE Grilled Salmon Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in
Prep time: 10 mins
Cook time: 20 mins

Ingredients
- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender. Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

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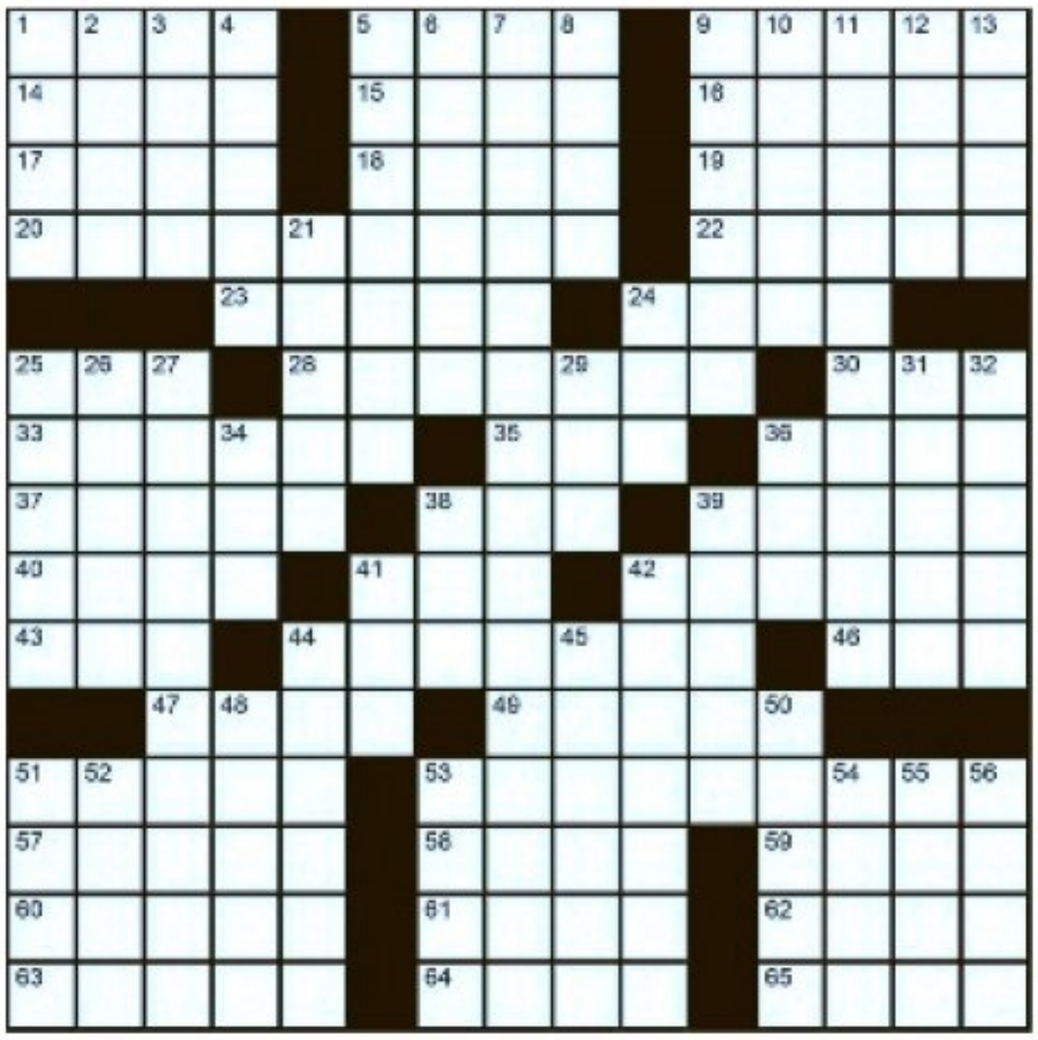
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, __ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop-_-__
39. Mountaineer's spike
40. Repeat
41. Prez
42. The Moody Blues tune: "__ Dream"
43. Race the motor
44. Some shorebirds
46. Ophthalmology orb
47. Tel __, Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer
57. Mr. Firth
58. Formerly
59. 60 minutes
60. Anoint, olde-style
61. Film __ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novelist Stephenie
64. __ & Sciences
65. Microscope piece

DOWN
1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant __!" by John Lennon
5. Circus barkers
6. From times-of-yore
7. Queen Elizabeth, __ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football League legend on the current season of "Dancing with the Stars": 2 wds.
12. 'ence' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-sharers
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers: 2 wds.
29. __-Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. Howe'er
36. Particular pronoun
38. Prefix with 'classical'
39. Plague: French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoke
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. __ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune, and at odds with Saturn. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces
Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

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